Feel a Bit!



编舞者: Forty Arroyo (USA) - April 2021 音乐: Make You Feel My Love - Adele



Edited by Donna Russell McCarthy

Starts on vocals - No Tags or Restarts

Dedicated to our Friendly Level Dancers

A Hayloft Floor Split for the classic Int/Adv dance FEEL by Scot Blevins

[1 - 9]: Fwd, Side, Close, Back, Chasse' ¼ L, Sway, Sway, Chasse' R w/Big Step R

1-2&3 Forward on L, R to side, L next to R, Back on R
4&5 Step L to side, R next to L, Forward on L making 1/4 left

6,7 Sway Hips to right, Sway hips to left

R to side, L next to R, Step R to side (big step) - end at 9:00

[10 - 17]: Touch In & Fwd, Step Side, Sailor Step, Cross, Step Back 1/8 L, Chasse' 1/8 L

82,3 Touch L next to R, Touch L toes forward, Step L to side (big step)
485 Step R behind L, Step L slightly to side, Step R slightly to side

Sweeping L over R - step L over & in front of R, Step back on R (starting a ¼ left)

Step L to side - completing ¼ left, Step R next to L, Step L to side - end at 6:00

[18 - 25] Cross R, Recover, side R, Cross L, Recover, Side L, Side R, Press ¼ L, Recover/sweep & touch , Shuffle Fwd

2&3 Cross R over L, Recover WOL, Step R to side&4& Cross L over R, Recover WOR, Step L to side

5,6 Step R to side - big step, Making ½ L - Press ball of L fwd,

7 Recover weight on R - while sweeping L in and touching in front of R

8&1 Shuffle forward L, R, L End at 3:00

[26-32] Chase Turn, Crossing Mambos L & R, Rock, Recover

2&3 Step forward on R, Pivot ½ left - weight on L, Step forward on R

(traveling slightly fwd) Rock L to side, Recover WOR, Cross L over and in front of R
 (traveling slightly fwd) Rock R to side, Recover WOL, Cross R over and in front of L

8& Rock L to side, Recover WOR End at 9:00

Final Draft 4/20/21