Feels Like Home



拍数: 60 墙数: 2 级数: Phrased Intermediate

编舞者: Elvira Gambarelli (IT) & Alice Muscat (IT) - August 2023

音乐: Feels Like Home - Sari Abbott



Part A: 24 counts; Part B – 36 counts; Tag 1 – 4 counts; Tag 2 – 20 counts. Sequence: A A Tag1 B A B(32) B A Tag2 B

Start after 8 counts (counting the slow beat)

PART A – 24 counts (counting the slow beat)

SECTION 1: MAMBO STEP, COASTER STEP, SCISSORS CROSS, SCISSORS CROSS

Rock forward on right, recover on left, step back on right,
Step backwards on left, step right beside left, step left forwards

5&6 Step right to right, step left back, cross right over left 7&8 Step left to left, step right back, cross left over right

SECTION 2: STEP, ½ TURN, VAUDEVILLE, VAUDEVILLE, ROCK STEP

Step right forwards, ½ turn left stepping on left foot
 Cross right foot over left, step left back, touch right heel forward, step right next to left
 Cross left foot over right, step right back, touch left heel forward, step left next to right

7-8 Rock forward on right, recover on left

SECTION 3: SHUFFLE BACK RIGHT, SHUFFLE BACK LEFT, FUNKY BACK ROCK STEP, FULL TURN LEFT FORWARDS

1&2	Step right backwards, step left besides right, step right backwards
3&4	Step left backwards, step right besides left, step left backwards
5-6	Step right backwards turning body towards right, recover on left turning body back to centre
7-8	Step right backwards turning ½ turn to left, step left forwards turning 1/2 turn to the left

PART B – 36 counts (counting the slow beat)

SECTION 1: JUMPED CROSS ROCK X2, JUMPED BACK ROCK, STOMP X2, JUMPED CROSS ROCK X2, JUMPED BACK ROCK, STOMP X2

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1&	Cross right over left flicking left backwards, recover on left
2&	Cross right over left flicking left backwards, recover on left
3&	Step right backwards kicking left forwards, recover on left
4&	Stomp up right next to left, stomp down right next to left (weight now on right)
5&	Cross left over right flicking right backwards, recover on right
6&	Cross left over right flicking right backwards, recover on right
7&	Step left backwards kicking right forwards, recover on right
8&	Stomp up left next to right, stomp up left next to right (weight on right)

SECTION 2: SWIVEL OUT TOE-HEEL-TOE, TOUCH, ½ MONTEREY, KICK, HOOK, KICK, FLICK, STEP-LOCK-STEP, HOOK

1&2&	Swivel left foot to left toe-heel-toe (shifting weight to left), touch right foot next to left
3&4&	Point right to right, ½ turn right recovering on right, point left to left, recover on left
5&6&	Kick right forwards, hook right over left leg, kick right forwards, flick right backwards
7&8&	Step right forwards, lock left behind right, step right forwards, hook left behind right leg

SECTION 3: STEP-LOCK-STEP, COASTER STEP, STEP, TURN, STEP X3

1&2	Step left backwards, lock	right in front of left,	step left backwards
3&4	Step backwards on right	step left beside righ	nt step right forwards

5-6 Step left forwards, ½ turn right stepping on right foot 7&8 Step left forwards, step right forwards, step left forwards

SECTION 4: POINT X3, HOOK, SHUFFLE BACKWARDS, COASTER STEP, STEP, ½ TURN

1&2& Point right to right, point right in front, point right to right, hook right behind left leg

Step right backwards, step left besides left, step right backwards
 Step backwards on left, step right beside left, step left forwards

7-8 Step right forwards, ½ turn left stepping on left foot

SECTION 5: STEP, ½ TURN, STOMP, STOMP

Step right forwards, ½ turn left stepping on left foot
Stomp right next to left, stomp left next to right

TAG 1 – 4 counts (counting the slow beat)

SECTION 1: ROCKING CHAIR

1-2 Step right forwards, recover on left3-4 Step right backwards, recover on left

TAG 2 – 20 counts (counting the slow beat)

SECTION 1: CROSS UNWIND, LONG STEP, DRAG

1-2 Cross right over left, hold

3-4 Unwind by turning ½ turn to left (keeping weight on left), hold

5-6 Long right step to the right, hold

7-8 Drag left foot next to right foot (keeping weight on right), hold

SECTION 2: ROCKING CHAIR, LONG STEP, DRAG

1-2 Step left forwards, recover on right3-4 Step left backwards, recover on right,

5-6 Long left step to the left, hold

7-8 Drag right foot next to left foot (keeping weight on left), hold

SECTION 3: ROCKING CHAIR

1-2 Step right forwards, recover on left,3-4 Step right backwards, recover on left

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