Feel Like Gold#Ez



编舞者: Marianne Langagne (FR) - 6 June 2025

音乐: Gold - Myles Smith



**2 Restarts (2nd & 6th Walls)

Intro: 8 Counts - Start on the lyrics

Sect 1: MAMBO (R-L), STEP LOCK STEP, MAMBO STEP

1 & 2	RF to the R, Recover on LF, Together (weight on RF)
-------	---

3 & 4 LF to the L, Recover on RF, Together (weight on LF) – HERE 2nd Restart 6th Wall facing

12.00

5 & 6 RF Fwd, Cross LF Behind RF, RF Fwd

7 & 8 LF Fwd, Recover on RF, LF Slightly Behind RF (weight on LF) – HERE 1st RESTART 2nd

Wall facing 6.00

Sect 2 BACK (R - L), COASTER STEP, JAZZ BOX CROSS 1/4 TURN L

1 - 2	RF Back,	LF Back
-------	----------	---------

3 & 4 RF Back, Together, RF Fwd

5 - 6 Cross LF Over RF, RF Back in ¼ Turn L (9.00)

7 – 8 LF to the L, Cross RF Over LF

Sect 3 1/2 RUMBA BOX MODIFIED

1 & 2 &	LF to the L, Touch R next to LF, RF to the R, Touch L next to RF
3 & 4	LF to the L, Together (Weight on RF), LF Fwd
5 & 6 &	RF to the R, Touch L next to RF, LF to the L, Touch R next to LF
7 & 8	RF to the R. Together (Weight on LF), RF Fwd.

Sect 4 STEP ½ TURN R, TRIPLE FWD , JAZZ BOX ¼ TURN R

	1 – 2	LF Fwd, ½ Turn R	(Weight on RF)	(3.00)
--	-------	------------------	----------------	--------

3 & 4 LF Fwd, Together, LF Fwd

5 - 6 Cross RF Over LF, LF Back in ¼ Turn R (6.00)

7-8 RF to the R, LF Fwd

Dance & Have fun !!!!

Contacts: Marianne Langagne: eujeny_62@yahoo.fr Site Web: www.mariannelangagne.fr