

You Make Me Feel Like Dancin'

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Barry Amato (USA)
音乐: You Make Me Feel Like Dancin' - Groove Generation



Sequence: AB AB AB C BA BA

PART A

HEEL, STEP, HEEL, STEP, HEEL, STEP, HEEL, STEP, STEP, TOUCH, ¼ TURN, STEP

- 1&2& Touch right heel forward, step on right next to left, touch left heel forward, step on left next to right
- 3&4 Touch right heel forward, step on right next to left, touch left heel forward
- 5-8 Step to left on left foot, touch right next to left, ¼ turn left and step on right, step on left next to right

Arms:

- 1 Bring arms straight up/over head - shoulder width
- 2 Bring arms to chest crossing right over left
- 3 Bring arms straight down and slightly out to the side
- 4 Bring arms to chest crossing right over left
- 5-8 Relax arms by side

HEEL, STEP, HEEL, STEP, HEEL, STEP, HEEL, STEP, STEP, TOUCH, ¼ TURN, STEP

- 1-8 Repeat sequence again

HEEL, STEP, HEEL, STEP, HEEL, STEP, HEEL, STEP, STEP, TOUCH, ¼ TURN, STEP

- 1-8 Repeat sequence again

TOE, STEP, TOE, STEP, STEP, ½ TURN PIVOT, WALK, WALK

- 1-4 Touch right toe forward, step down on right foot, touch left toe forward, step down on left foot
- 5-8 Step forward on right, ½ turn pivot left with left foot taking weight, walk forward on right, walk forward on the left

Arms:

- 1 Take arms straight forward
- 2 Bring arms into your chest
- 3 Take arms straight out to the side
- 4 Take arms straight forward
- 5-8 Relax arms by your side

TOE, STEP, TOE, STEP, STEP, ½ TURN PIVOT, STEP, ¼ TURN

- 1-4 Touch right toe forward, step down on right foot, touch left toe forward, step down on left foot
- 5-8 Step forward on right, ½ turn pivot left with left foot taking weight, step forward on right foot, pivot a ¼ turn left with left foot taking weight

PART B

STEP, CROSS, ¼ TURN, STEP, ½ TURN, STEP - ¼ TURN, CROSS, ¼ TURN, STEP, ½ TURN

- &1-2 Step on right foot in place, cross left foot over right, weighting left, open a ¼ right and step forward on right foot
- 3-4 Step forward on left foot, ½ turn pivot right with right foot taking weight
- &5-6 Open a ¼ turn left (to face original position) and step on left foot, cross right foot over left weighting left, open a ¼ turn left and step forward on left foot
- 7-8 Step forward on right foot, ½ turn pivot left with left foot taking weight

KICK BALL CHANGE (WITH BODY TWIST), KICK BALL CHANGE (WITH BODY TWIST), ¼ TURN - HIP BUMP RIGHT, LEFT, RIGHT, RIGHT

1&2 Kick the right foot forward, step on the ball of the right foot, change weight to the left foot as you step slightly forward on left, at the same time twist your upper body a ¼ turn left

Your footwork will stay forward but your upper body will be facing left

3&4 Repeat kick ball change sequence

5 Open a ¼ turn left (to face original position), at the same time step on the right foot as you bump your right hip to the right side, you feet should be shoulder width apart as you shift your weight to the right

6 Bump your left hip to the left side as you shift your weight to the left

7-8 Bump your right hip to the right side twice shifting weight to the right

STEP, CROSS, KICK, CROSS, STEP/DRAW, TOUCH, ROLLING VINE WITH ¼ TURN, TOUCH

&1-2 Step down on the left foot in place, cross right foot over left weighting right, kick the left foot on a diagonal to the left

&3-4 Cross the left foot over the right weighting left, take a big step right and drag left in toward right, touch left next to right foot

5-8 Begin rolling vine with a ¼ turn to the left stepping left-right-left, touch right foot next to left

TWIST, TWIST, STEP, HOP, ¼ TURN STEP, TWIST, TWIST, STEP, HOP -¼ TURN, STEP

1-2 Twist on the balls of both feet to the right, twist left

3&4 Step on the right foot on a slight diagonal to the right, small hop on the right foot as you open a ¼ turn left, step forward on left foot

5-8 Repeat sequence again

DIAGONAL SHUFFLE, DIAGONAL SHUFFLE, STEP, ½ TURN PIVOT, STEP, ¼ TURN

1&2 Shuffle forward but on a diagonal to the right stepping right-left-right

3&4 Shuffle forward but on a diagonal to the left stepping left-right-left

5-6 Step forward on the right, pivot ½ turn left with left taking weight

7-8 Step forward on the right, pivot ¼ turn left with left taking weight

PART C

1-4 Step to right on right, touch left next to right, step to left on left, touch right next to left

5-8 Step to right on right, touch left next to right, step to left on left, touch right next to left
