I Can Feel It



拍数: 32 编数: 2 级数: Ultra Beginner

编舞者: Irene Tang (HK) - June 2011 音乐: I Can Feel It - Sean Kingston



Count In: After 16 counts (approx. 11 sec), start dancing on lyrics

SEC 1: SIDE, C	LOSE, SIDE, 1/4 L, SIDE, CLOSE, SIDE, HOLD
1 – 4	Step R to R, close L to R, side R to R, $1/4$ L on R

5 – 8 Step L to L, close R to L, side L to L, hold

SEC 2: STEP, LOCK, STEP, 1/4 L, STEP, LOCK, STEP, HOLD 1 – 4 Step R fwd, lock L behind R, step R fwd, 1/4 L on R 5 – 8 Step L fwd, lock R behind L, step L fwd, hold

SEC 3: CROSS, POINT, CROSS, POINT, BEHIND, POINT, BEHIND, POINT

1 - 2 Cross R over L, point L to side, cross L over R, point R to side
5 - 8 Cross R behind L, point L to side, cross L behind R, point R to side

SEC 4: JAZZ BOX, HIP BUMPS

1 – 4 Cross R over L, step back on L, step R to side, cross L over R

5&6 Step R to side with hip bumping RLR7&8 Bump hips LRL, weight end on L

Notes: I use this choreography as the first dance of my introductory course for ultra beginners