

While The Feeling's Good

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Karen Tripp (CAN) - August 2010
音樂: While the Feeling's Good - Kenny Rogers : (CD: Love Lifted Me)



FORWARD, RECOVER, BACK CHA CHA, BACK, RECOVER, FORWARD CHA CHA

1-2-3&4 Forward on right, recover back on left, step R, L, R diagonally back
5-6-7&8 Rock back on left, recover forward on right, step L, R, L diagonally forward

FENCELINE (Cross, Recover, right cha cha), CROSS, RECOVER ¼ RIGHT, BACK LOCKING CHA

9-10-11&12 Cross right over left, recover on left, step side R, L, R
13-14-15&16 Cross left over right, recover on right stepping back and turning ¼ right to face 3:00, step back left, lock (cross) right in front of left, step back on left

Styling option: on the crossing steps, extend both arms out to sides

ROCK BACK, RECOVER, FORWARD CHA CHA, ONE TRAVELLING DOOR

17-18-19&20 Step back on right, recover forward on left, step forward R, L, R
21-22-23&24 Rock side on left, recover side on right, cross left over right, step side on right, cross left over right

ROCK SIDE, RECOVER, FULL SPIN LEFT (CHA CHA CHA), ONE TRAVELLING DOOR

25-26-27&28 Rock side on right, turn ¼ left and step on left, continue to turn ¼ left and step side on right, continue to turn ¼ left and cross left behind right, continue to turn ¼ left step on right, to end facing original wall

Easier option to avoid turns: do a travelling door starting with side rock right

29-30-31&32 Rock side on left, recover side on right, cross left over right, step side on right, cross left over right

TAG

At the start of walls 5, 9, and 11 add two Side Touches.

SIDE TOUCH TWICE

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

ENDING

Music slows at the end. Continue dancing to steps 13 and 14 keeping in time with the slowed tempo, and if you want to end facing 12:00, do steps 15&16 turning to face the front wall. Take an extra step back, point toe to the side, and extend arms.

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