



This Is How I Feel

Count: 32 - Wall: 1 - Level: Beginner

Choreographer: Sisters Buttons – February 2020

Music: This Is How I Feel by Daddy Was a Milkman Feat. Brainstorm

INTRO: 32 counts in on vocals

WALK R, L, SHUFFLE FORWARD, WALK L, R, SHUFFLE FORWARD

- 1-2 Step forward on R, Step forward on L
- 3&4 Step forward on R, Close L, step forward on R
- 5-6 Step forward on L, Step forward on R
- 7&8 Step forward on L, Close R, step forward on L

STEP TURN 1/2 LEFT, SHUFFLE BACK 1/2 TURN LEFT, WALK BACK L, R COASTER STEP

- 1-2 Step forward R, pivot 1/2 left **(6:00)**
- 3&4 step back on R 1/4 turn left, Close L next to R,
Step back on R 1/4 turn left **(12:00)**
- 5-6 Walk back L, walk back R
- 7&8 Step L back, step R next to L, forward on L (12:00)

SIDE R, TOUCH L, SIDE L, TOUCH R, FULL TURN RIGHT, R SIDE Chasse

- 1-2 Step R to right side, touch L next to R
- 3-4 Step L to left side, touch R next to L
- 5-6 Full turn to right side - stepping R L (12:00)
- 7&8 Step side on R, Close L next to R, Step side on R

ROCK CROSS, RECOVER, SLIDE L, TOUCH R, R SAILOR STEP, L SAILOR STEP

- 1-2 Rock cross on L, recover on R
- 3-4 Slide L on left side, touch R next to L
- 5&6 Right Sailor step – Cross R behind L, Step L to left, Step R to right side
- 7&8 Left Sailor step – Cross L behind R, Step R to right, Step L to left side

REPEAT

Quelle: <https://www.copperknob.co.uk>

Mai 2020