Feel (愛的感覺) (zh)

Count: 32 **Wall:** 4 **Level:** High Intermediate
Choreographer: Scott Blevins (USA) - 2008年09月
Music: Make You Feel My Love - Adele : (CD: 19)

第一段

1 1) Step R foot a large step to R side.
1)右足右一大步

2&3 2) Step ball of L foot behind R foot; &) Step R foot across and in front of L foot; 3) Make a 1/4 turn L stepping forward on L foot. (facing 9 O'clock)
2)左足於右足後踏 &)右足於左足前交叉踏
3)左轉90度左足前踏(面向9點鐘)

4&5 4) Make a 1/2 turn L stepping back on R foot; &) Make a 1/2 turn L stepping forward on L foot; 5) Step forward on R foot.
4)左轉180度右足後踏 &)左轉180度左足前踏 5)右足前踏

6,7 6) Make a 1/2 Turn L stepping L foot next to R foot; 7) Step forward on R foot.
6)左轉180度左足併踏 7)右足前踏

第二段

8&1 8) Step L foot forward; &) Pivot 3/4 turn R (weight on R); 1) Point L foot to L side.
8)左足前踏 &)右轉270度重心在右足 1)左足左點

2,3 2) Point L foot across and in front of R foot; 3) Step L foot a large step to L side.
2)左足於右足前交叉點 3)左足左一大步

4&5 4) Step ball of R foot behind L foot; &) Step L foot across and in front of R foot; 5) Step R foot a large step to R side.
4)右足於左足後踏 &)左足於右足前交叉踏 5)右足右一大步

6,7 6) Make a 1/4 turn R stepping forward on L foot; 7) Step forward on R foot. (facing 3 O'clock)
6)右轉90度左足前踏 7)右足前踏(面向3點鐘)

8&1 8) Pivot 1/2 turn L (weight on L); &) Make a1/2 turn L stepping back on R foot; 1) Step back on L foot.
8)左轉180度重心在左足 7)左轉180度右足後踏 1)左足後踏

第三段

2&3 2&3) Coaster step R-L-R. 2&3)海岸步-右, 左, 右

4&5 4) Make a 1/2 turn R stepping back on L foot; &) Make a 1/4 turn R stepping R foot to R side; 5) Step L foot across and in front of R foot (facing 12 O'clock);
4)右轉180度左足後踏 &)右轉90度右足右踏 5)左足於右足前交叉踏(面向12點鐘)

6,7 6) Unwind 1 full turn to R taking weight on R foot; 7) Step L foot a large step to L side.
6)右繞轉一圈重心在右足 7)左足左一大步

8&1 8) Step R foot behind L foot; &) Make a 1/4 turn L stepping forward on L foot; 1) step forward on R foot. (facing 9 O'clock)
8)右足於左足後踏 &)左轉90度左足前踏 1)右足前踏(面向9點鐘)

第四段

&2&3 &) Rock forward onto L foot; 2) Recover to R foot; &) Step back on L foot; 3) Make a 1/2 turn R stepping forward on R foot.
&)左足前下沉 2)右足回復 &)左足後踏 3)右轉180度右足前踏

4,5	4) Make a 1/2 turn R stepping back on L foot; 5) Make a 1/4 turn R stepping R foot a large step to R side. 4)右轉180度左足後踏 5)右轉90度右足右一大步
6&7	6) Step ball of L foot behind R foot; &) Step R foot across and in front of L foot; 7) Make a 1/4 turn L stepping forward on L foot. (facing 9 O'clock) 6)左足於右足後踏 &)右足於左足前交叉踏 7)左轉90度左足前踏(面向9點鐘)
8&a	8) Make a 1/4 turn L stepping back on R foot; &) Make a 1/2 turn L stepping forward on L foot; a) Make a 1/4 turn L stepping into count 1. (facing 9 O'clock) 8)左轉90度右足後踏 &)左轉180度左足前踏 a)左轉90度接續第一拍(面向9點鐘)