

2 + 2



Comptes : 96 Mur : 2 Niveau: Phrasé Avancé
Chorégraphe : Fred Whitehouse (Sept 21)
Musique: I Feel Good par Pitbull (Fest. Anthony Watts & DJWS)

Séquences : ABCC, TAG, ABCC, TAG, A, Ending

Intro : 32 comptes

Partie A: 32 comptes/1 mur (Départ toujours face 12:00).

1-8: Hitch & Kick & Side Rock, Kick & Side Stomp, Swivels, R Sailor Step.

&1&2& Hitch R knee (&), kick R fwd (1), cross R over L (&), rock L to L side (2), recover on R (&) 12:00

3&4 Kick L fwd (3), cross L over R (&), stomp R to R side (4) 12:00

5&6 Swivel both heels to L side (5), swivel both heels to R side (&), swivel both heel to L side (6) 12:00

7&8 Cross R behind L (7), step L to L side (&), step R to R side and slightly fwd (8) 12:00

9-16: L Rock Fwd, Pony Step with 1/2 R.

1, 2 Rock L fwd rolling body fwd (1), recover on R hitching L knee (2) 12:00

&3&4, Step L backwards (&), hitch R knee (3), step L backwards (&), turn 1/2 R stepping R fwd (4) 6:00

5&6, Swivel R toe to L side (5), swivel R heel to L side (&), swivel R toe to L side (6) 6:00

7, 8, Turn 1/2 L walking R fwd (7), walk L fwd (8) 12:00

17-24: Cross Heel Rock, Side Heel Rock, Repeat, R Sailor Step 1/2 R, Walk L R.

1&2& Cross rock R heel over L (1), recover on L (&), rock R heel to R side (2), recover on L (&) 12:00

3&4& Repeat counts 1&2& 12:00

5&6, Cross R behind L (5), turn 1/4 R stepping L next to R (&), turn 1/4 R stepping fwd on R (6) 6:00

7, 8, Walk L fwd (7), walk R fwd (8) 6:00

25- 32: repeat Counts 17-24 with L Foot.

1&2& Cross rock R heel over L (1), recover on L (&), rock R heel to R side (2), recover on L (&) 6:00

3&4& Repeat counts 1&2& 6:00

5&6, Cross R behind L (5), turn 1/4 R stepping L next to R (&), turn 1/4 R stepping fwd on R (6) 12:00

7, 8, Walk L fwd (7), walk R fwd (8) 12:00

Partie B: 32 comptes/1 mur (Départ toujours face 12:00).

1-8: Step R Fwd, L out L, 2+2 fingers/arms, Back RL with arm Throws, R Coaster with arms.

1, 2, Step R fwd pushing both arms backwards (1), step L out to L side bringing R arm up to shoulder height showing R index finger and R middle finger (2) 12:00

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3 à 5, Bring L arm up to shoulder height showing L index finger and L middle finger (3), cross arms over each other rocking R to R side (4), bring both arms out to sides again recovering to L foot (5) 12:00

6, 7, Step back R throwing R arm fwd (6), step back L throwing L arm fwd (7) 12:00

8&1, Step back on R touching L shoulder with R hand and touching R shoulder with L hand (8), step L next to R changing hand positions (&), step R fwd pushing arms down (1) 12:00

10-17: Step 1/2 R, Kick Out Out, Snake Roll L, R Heel Pop, Together Side Rock Hitch Cross.

2, 3, Step L fwd (1), turn 1/2 R onto R (2) 6:00

4&5 Kick L fwd (3), step L out to L side (&), step R out to R side (4) ...

#Arm Styling: Croiser et pousser les bras devant le corps (4), ramener les bras vers vous (&), pousser les bras en bas sur les côtés du corps (5) (6:00).

6&7 Do a snake/body roll to L side (weight on L) pushing R arm fwd at the same time (6), pop R heel out to R side (&), return heel to neutral (7) 6:00

&8 &1 Step R next to L (&), rock L to L side (8), recover on R hitching L knee (&), cross L over R (1) 6:00

18-24: Back Back Cross, Back Back Fwd, Chug 1/2 L.

2&3 Step R back (2), step L back (&), cross R over L (3) 6:00

4&5, Step L back (4), step R back (&), step L fwd (5) 6:00

6 à 8, Turn 1/8 L pressing R to R side (6), turn 1/8 L pressing R to R side (7), turn 1/4 L pressing R to R side (8) 12:00

25-32: R Fwd, Together, Walk RLwith double Knee Knocks, R out with 2-2 fingers, Hold, Heel Bounces with R fist down.

1, 2, Step R fwd rolling arms down/fwd/up (1), step L next to R bringing arms down in front of body (2) 12:00

3, 4, 1Walk R fwd (3), walk L fwd (4) ... Styling: during walks split knees out-in 4 times! 12:00

5, 6 Step R out to R side bringing R up showing R index and middle finger up (5), HOLD (6) 12:00

&7&8 Bounce heels clenching your R hand into a fist bringing R hand down the R side of body (8) 12:00

Partie C: 32 comptes/1 mur (Départ toujours face 12:00).

1-8: Cross Side, Cross Side, Heel Twist R, Heel Twist L 1/4 R, Dip Down, Up.

1 à 4 Cross R over L (1), step L to L side (2), cross R over L (3), step L to L side (4) ...

Style: Moonwalk Glide 12:00

5, 6, Twist heels to R side (5), twist heels to L side turning 1/4 R (6) 3:00

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7, 8, Bend in knees pushing your bum backwards (7), straighten your knees ending with weight on R (8) ...

Style : 1er C - lancer des billets d'un dollar, 2e C, lever la main R et "regarder dans le miroir" 3:00

9-16: Fwd R, Full Turn R, Walk L, R Fwd Rolling Hands, Spiral 3/4 L, Down on L.

1 à 4, Step Down R (1), turn 1/2 Stepping L back (2), turn 1/2 R stepping R fwd, walk L fwd (3:00),

5, 6, Twist Heels to R side (5), twist heels to L side turning 1/4 R (6) 3:00

7, 8, Spiral a 3/4 turn on R pushing arms down the side of body (7), change weight to L (8) 6:00

17-24: Rock R Fwd, Recover, Fwd R with Slide, Tough together, Repeat with L.

1, 2 Rock R towards R diagonal (1), recover on L (2) ... Arm styling: bring L arm up and pull it back (1), push L arm fwd (2) 7:30

3, 4 Step R fwd to R diagonal (3), touch L next to R (4) ... Arm styling: pull L arm back (3), drop L arm down (4) 7:30

5, 6, Rock L towards L diagonal (5), recover on R (6) ... Arm styling: bring R arm up and pull it back (1), push R arm fwd (2) 4:30

7, 8, Step L fwd to L diagonal (7), touch R next to L squaring up to 6:00 again (8) ... Arm styling: pull R arm back (3), drop R arm down (4) 6:00

25- 32: Step Slide To R and L Diagonals, Step 1/2 L, Full Turn L.

1, 2, Step R fwd towards R diagonal (1), slide and touch L next to R (2) ... Arm styling: throw L arm fwd and down (1-2) 6:00

3, 4, Step L fwd towards L diagonal (3), slide and touch R next to L (4) ... Arm styling: throw L arm fwd and down (3-4) 6:00

5, 6, Step R fwd (5), turn 1/2 L stepping down on L (6) 12:00

7, 8 Turn 1/2 L stepping back on R (7), turn 1/2 L stepping fwd on L and slightly in front of R (8) 12:00

TAG: 16 comptes/1 mur (Départ toujours face 12:00).

1-8: 4 Camels Walk turning 1/2 L, 8 run Steps turning 1/2 L.

1 à 4 Turn 1/8 L stepping R fwd and popping L knee (1), repeat 3 times (2-3-4) 6:00

5&6& Run small step fwd on R turning 1/8 L (5), run fwd and turn 1/8 L 3 times on LRL (&6&) 3:00

7&8& Run small step fwd on R turning 1/8 L (7), run fwd and turn 1/8 L 3 times on LRL (&8&) 12:00

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9-16: Walk RLRL with Shakes/Shimmies, Out R/what?, Point fingers Fwd, Arms Down with roll.

1 à 4, Walk RLRL fwd shaking or shimmying your body (1-4) 12:00
5, 6, Step R out to R side bring both arms up in a Y-position - lyrics: I don't know'... (5), point both fingers fwd - Lyrics: 'about you' ... (6) 12:00
7, 8, Slide hands down your body rolling your body from head and down - Lyrics: 'I feel good' (7-8) 12:00

FIN : STIKE A POSE ! Finir le 3ème A puis PD pas à D et faire les comptes 15-16 du TAG (I feel good).
