

# C-Y-F-I (CAN YOU FEEL IT)

## SHUFFLE

LINEDANCE.COM

**Count:** 48      **Wall:** 4      **Level:** intermediate

**Choreographer:** Jo Williams

**Music:** Better Man, Better Off by Tracy Lawrence

### KNEE HITCHES, SIDE STEP, SLIDE, BOUNCES

- 1-2**      Raise right heel and swing right knee in front of left knee; step down on right heel while raising left heel and swinging left knee in front of right knee
- 3-4**      Step down on left while raising right heel and swinging right knee in front of left knee; swing right knee in front of left knee again
- 5-6**      Step right foot to right side; slide left next to right
- 7-8**      On balls of both feet, bounce heels on floor twice.

### KNEE HITCHES, SIDE STEP, SLIDE, BOUNCES

- 9-10**      Raise left heel and swing left knee in front of right knee; step down on left while raising right heel and swinging right knee in front of left knee
- 11-12**      Step down on right while raising left heel and swinging left knee in front of right knee; swing left knee in front of right knee again
- 13-14**      Step left foot to left side; slide right next to left
- 15-16**      On balls of both feet, bounce heels on floor twice.

### OUT-OUT, CLAP, IN-CROSS, CLAP, UNWIND, BOUNCES

- &17-18**      Step right foot to right side; step left foot to left side; clap hands
- &19-20**      Step left foot to center; cross-step right over left; clap hands
- 21-22**      Unwind ½ turn to the left; hold
- 23-24**      On balls of both feet, bounce heels on floor twice.

### STEP, SLIDE WITH TOUCH

- 25-26**      Step right forward at 45 degree angle reaching forward with palms down; slide left next to right pulling arms toward body (as if pulling self forward along the ground)
- 27-28**      Step right forward at 45 degree angle reaching forward with palms down; slide left next to right pulling arms toward body

- 29-30** Step left forward at 45 degree angle reaching forward with palms down; slide right next to left pulling arms toward body
- 31-32** Step left forward at 45 degree angle reaching forward with palms down; slide right next to left pulling arms toward body.

### **DIAGONAL STEPS WITH HIP PUSHES, ¼ TURN LEFT**

- 33-34** Step right forward at 45 degree angle and push hips to right front twice
- 35-36** Push hips to left rear twice
- 37-38** Step forward slightly onto ball of right and push hips right; push hips left pivoting 1/8 turn left on ball of left foot
- 39-40** Step forward slightly onto ball of right and push hips right; push hips left pivoting 1/8 turn left on ball of left foot.

### **SYNCOATED JUMPS, WALK FORWARD**

- 41-42** Jump back on right; jump back on left; clap
- 43-44** Jump back on right; jump back on left; clap
- 45-46** Walk forward right, then left
- 47-48** Walk forward right; step left beside right.

### **REPEAT**