

# Catch Feels (aka Feels)

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**Count:** 32      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Amy Christian (August 2017)

**Music:** Feels by Calvin Harris - Feels ft. Pharrell Williams, Katy Perry, Big Sean.

**Intro: 32 counts. Start on Lyrics.**

**SIDE, TOUCH, SIDE, TOUCH, ¼ R COASTER, ½, ½ TOG, LOOK RIGHT-BEND BACK-SNAP, LOOK FWD- CLAP,**

**1&2&**      Step R to right side, Touch L next to R, Step L to left side, Touch R next to L,

**3&4¼ R Coaster step turning left, (Prep), [9:00],**

**5&6½ Turn right, stepping L back, ½ Turn right, stepping R fwd, Step L next to R,**

**7-8**      Look right as you bend upper body back & Snap fingers by hips(7), Look forward & Straighten up(8),

**R COASTER, SCUFF L, HITCH L, STOMP, ¼ RIGHT TWISTING HEELS, BUMP R, BUMP L,**

**1&2R Coaster Step,**

**3&4&**      Scuff L, Hitch L, Stomp L, Twist both heels to left side make ¼ right, (Bump), [12:00]

**5&6**      Continue to twist both heels, R,L,R,L,R,L,R,L, moving slightly left, transferring weight to L, (Add Bumps),

**7-8**      Bump R, Bump L,

**(Option - Don't do Bumps. Instead keep twisting heels on counts &7&8)**

**BIG STEP TO R, LONG WEAVE , CROSS, ¼, ¼,**

**1**      Take a big step to right on R,

**2&3&**      Step L behind R, Step R to side, Step L across R, Step R to right side,

**4&5**      Step L behind R, Step R to right side, Step L across R,

**6-8** Cross R over L,  $\frac{1}{4}$  right, stepping L back,  $\frac{1}{4}$  right, stepping R out to side, [6:00]

**ROCK OUT, RECOVER, BALL, ROCK OUT, RECOVER,  $\frac{1}{4}$  ROCK BACK ON R, RECOVER FWD ON L,  $\frac{1}{2}$ ,  $\frac{1}{2}$ ,**

**1-2&** Rock L out to left side, Recover on R (out), Step L next to R,

**3-4** Rock R out to right side, Recover on L (out),

**5-6 $\frac{1}{4}$  right, Rock back on R [9:00], Recover stepping fwd on L,**

**7-8 $\frac{1}{2}$  turn left, stepping back on R [3:00],  $\frac{1}{2}$  turn left, forward on L [9:00], (or Walk, Walk).**

**Start over!**

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