

# This Feeling

LINEDANCE.COM

**Count:** 32                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Joe Sexton (February 2018)

**Music:** This Feeling by Abby Anderson (92 BPM)

## Start After 16 Counts - 2 Tags

### [1-8] Step-Lock-Step (x2), Mambo Step, Back Step w/knee pop (x2)

- 1&2**            Step Forward R. - Lock L. behind Right - Step R. Forward
- 3&4**            Step Forward L. - Lock R. behind Left - Step L. Forward
- 5&6**            Rock Fwd. on R. - Recover Back on L. - Step Back R. / popping L. knee up
- 7-8**            Step Back L. / popping R. knee up- Step Back R. / popping L. knee up

## Beginner Option - No knee pops

### [9-16] Left Coaster Step, Right Scissor Step, Left Scissor Step, 1/2 Hinge Turn

- 1&2**            Step Back L. - Step R. beside L. - Step Forward L.
- 3&4**            Rock R. to Right Side - Recover on Left - Cross R. over Left
- 5&6**            Rock L. to Left Side - Recover on Right - Cross L. Over Right
- 7-8**            Step R. to Right Side making a 1/4 turn Left, Step Back L. making 1/4 turn Left (6:00)

### [17-24] R. Heel-L. Heel-R.-Touch, Hold, Lindy Right

- 1&2&**            Touch R. Heel Fwd. - Step R. beside L. - Touch L. Heel Fwd. - Step L. beside R.
- 3-4**            Touch R. Toe beside L., Hold
- 5&6**            Step R. to Right Side - Step L. beside R. - Step R. to Right Side
- 7-8**            Cross Rock L. behind R., Recover on R.

### [25-32] Lindy Left, R. Heel-L. Heel-R.-Touch

- 1&2**            Step L. to Left Side - Step R. beside L. - Step L. to Left Side
- 3-4**            Cross Rock R. behind L., Recover on L.
- 5&6&**            Touch R. Heel Fwd. - Step R. beside L. - Touch L. Heel Fwd. - Step L. beside R.
- 7-8**            Touch R. Toe beside L., Scuff Right Heel Forward

**START AGAIN and HAVE FUN!!!**

**TAG: Shuffle Forward, Step, ½ Pivot Turn, Shuffle Forward, Full Spin to Left**

**1&2** Shuffle Forward Right - Left - Right

**3-4** Step Forward on L., Pivot ½ turn stepping Forward on R. (12:00)

**5&6** Shuffle Forward Left - Right - Left

**7-8** Step Forward R. spinning ½ turn to Left, Step Back L. spinning ½ turn to left (12:00)

**Beginner Option - Two steps forward (Right, Left) without the spin.**

**Tag after Wall 2 & 4. You will be facing the opposite direction at the end of the Tag as when you started**

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