

Feel Like This

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Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Willie Brown [September 2018]

Music: 'Rest Of My Life' - Rod Stewart (approx 160 bpm)

Intro; On vocals / 40 counts (approx 16 seconds)

Note; Please look at the Absolute Beginner level dance 'Rest Of My Life' written to this same track by Claire Bell. Many thanks to Claire for her co-operation and support when writing our respective dances - there's room on the floor for all of us x

SECTION 1 - SIDE TOE STRUT, CROSS TOE STRUT, SIDE TOE STRUT, BACK ROCK, RECOVER

Traveling to Right side...

- 1,2 Touch Right toe to Right side, snap heel down taking weight
- 3,4 Touch Left toe across Right, snap heel down taking weight
- 5,6 Touch Right toe to Right side, snap heel down taking weight
- 7,8 Rock back on Left, recover weight forward on Right

SECTION 2 - VINE ½ TURN LEFT WITH BRUSH, STEP-TOUCH (X2)

- 1, 2 Step Left to Left side, cross Right behind Left
- 3,4 Turn ¼ Left stepping forward Left, turn ¼ Left brushing Right foot forward
- 5,6 Step Right to Right side, touch Left toe beside Right
- 7,8 Step Left to Left side, touch Right toe beside Left

***Restart here on wall 3 - begin at 6 o'clock, restart happens at 12 o'clock**

***Sections 3 & 4 are a repeat of sections 1 & 2**

SECTION 3 - SIDE TOE STRUT, CROSS TOE STRUT, SIDE TOE STRUT, BACK ROCK, RECOVER

Traveling to Right side...

- 1,2 Touch Right toe to Right side, snap heel down taking weight
- 3,4 Touch Left toe across Right, snap heel down taking weight
- 5,6 Touch Right toe to Right side, snap heel down taking weight
- 7,8 Rock back on Left, recover weight forward on Right

SECTION 4 - VINE ½ TURN LEFT WITH BRUSH, STEP-TOUCH (X2)

- 1, 2 Step Left to Left side, cross Right behind Left
- 3,4 Turn ½ Left stepping forward on Left, brush Right foot forward
- 5,6 Step Right to Right side, touch Left toe beside Right
- 7,8 Step Left to Left side, touch Right toe beside Left

SECTION 5 - ½ RHUMBA BOX WITH TOUCH, ½ RHUMBA BOX WITH BRUSH

- 1,2 Step Right to Right side, close Left beside Right
- 3,4 Step forward on Right, touch Left toe beside Right
- 5,6 Step Left to Left side, close Right beside Left
- 7,8 Step forward on Left, brush Right foot forward

SECTION 6 - ROCK, RECOVER, BACK-KICK/CLAP (X3)

- 1,2 Rock forward on Right, recover weight back on Left
- 3,4 Step back on Right, kick Left foot forward clapping hands at same time
- 5,6 Step back on Left, kick Right foot forward clapping hands at same time
- 7,8 Step back on Right, kick Left foot forward clapping hands at same time

SECTION 7 - BEHIND-SIDE-CROSS-KICK, BEHIND-SIDE-CROSS

- 1,2 Cross Left behind Right, step Right to Right side
- 3,4 Cross Left over Right, kick Right to Right diagonal
- 5,6 Cross Right behind Left, step Left to Left side
- 7,8 Cross Right over Left, hold count 8

SECTION 8 - ¼ PIVOT, STEP, HOLD, ROCKING CHAIR

- 1,2 Step Left to Left side, pivot ¼ Right taking weight on Right
- 3,4 Step forward on Left, hold count 4

5,6 Rock forward on Right, recover weight back on Left

7,8 Rock back on Right, recover weight forward on Left

...START AGAIN...

Restart; On wall 3 dance to the end of section 2 then restart from the beginning. You will restart facing 12 o'clock

Contact: williebrownuk@yahoo.co.uk