

Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Music download available from iTunes

How I Feel

32 count, 4 wall, improver level Choreographer: William Brown (Scotland) Oct 2007 Choreographed to: About You Now by Sugababes,

CD: Change

Start on the word 'easy' - 8 counts from start of track - only 3 seconds!!!

TOE HEEL CROSS x2, BEHIND SIDE CROSS KICK x2 **SECTION 1** Touch Right toe to Left instep, touch Right heel forward, cross Right over 1&2 [12] 3&4 Touch Left toe to Right instep, touch Left heel forward, cross Left over Right 5&6& Cross Right behind Left, step Left to Left side, cross Right over Left, kick Left to Left diagonal Cross Left behind Right, step Right to Right side 7& Cross Left over Right, kick Right to Right diagonal 88 Slightly harder option for counts 1-4: Right toe(1), Right heel(&), cross Right(2), Left toe(&), Left heel(3), cross Left(&), Right toe(4), kick Right(&) **SECTION 2** COASTER, ½ PIVOT STEP, LOCK STEP x2 (OR FULL TURNS) 9&10 Step back on Right, step Left beside Right, step forward on Right Step forward on Left, pivot ½ turn Right taking weight on Right, step forward on Left [6] Step forward on Right, lock Left behind Right, step forward on Right Step forward on Left, lock Right behind Left, step forward on Left Slightly harder option; on counts 13&14 make a full turn Left stepping Right, Left, Right – and on counts 15&16 make a full turn Right stepping Left, Right, Left **Restart here during 4th wall** STEP, TOUCH, STEP, KICK x2, ROCKING CHAIR (OR 21/2 PIVOTS), JAZZ BOX **SECTION 3** 17&18& Step forward on Right, touch Left toe beside Right, step back on Left, kick Right forward 19&20& Step back on Right, touch Left toe beside Right, step forward on Left, brush Right toe forward 21&22& Rock forward Right, recover back on Left, rock back Right, recover forward on Left 23&24& Cross Right over Left, step back on Left, step Right to Right side, cross Left over Right Slightly harder option: on counts 21&22& make 2 half pivots Left – step forward on Right, pivot ½ Left, then repeat **SECTION 4** HEEL STRUT, ROCK, RECOVER x2, HEEL STRUT, WEAVE, ¾ TURN 25&26& Touch Right heel to Right side, snap Right toe to floor, rock back on Left, recover forward on Right 27&28& Touch Left heel to Left side, snap Left toe to floor, rock back on Right, recover forward on Left 29&30& Touch Right heel to Right side, snap Right toe to floor, cross Left behind Right, step Right to Right side Cross Left over Right, make 1/4 turn Left and step back on Right, 31&32 make ½ turn Left and step forward on Left [9] Options: after count 32 use an & count to either clap your hands, stomp your Right foot (keeping weight on Left) or for the more energetic jump on both feet...... anything at all to make as much noise as youSTART AGAIN......AND SMILE!!!!