

## Feel It

Music: Feel it still, Portugal. The Man

Choreographer: Stina-Eliza Sild

Count 32, walls 4, high beginner/improver level

Start with word SELF, intro 15 sec.

### Shuffle forward R+L, R rock forward, R shuffle back

1&2 step R forward, step L next to R, step R forward

3&4 step L forward, step R next to L, step L forward

5,6 rock forward with L, recover on R

7&8 step R back, step L next to R, step R back

### L shuffle back, toe switches R+L, scuff, hitch, L cross shuffle

1&2 step L back, step R next to L, step L back

3&4 touch R toe to R side, step R next to L, touch L toe to left side

5,6 scuff with L, hitch with L

7&8 cross L over R, step R to R, cross L over R

### Rock turn 1/4, R shuffle forward, 1/2 turn back, R coaster back

1,2 rock R to right side, turn 1/4 left and step L forward

3&4 step R forward, step L next to R, step R forward

5 step 1/2 back on L

6 hold

7&8 step back on R, step L next to R, step R forward

### Toe switches L and R side, side and touch R+L

1 point L toe to left side

2 hold

& step L next to R

3 point R toe to right side

4 hold

5,6 R step to right side, L toe touch to left side

7,8 L step to left side, R toe touch to right side