



Approved by:

Theresa Needham

How I Feel

4 WALL - 48 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 & 3 & 4 5 - 6 7 & 8	Cross Toe Touches, Tap Ball Cross, Forward Rock, Coaster Step Point right toe forward across left. Step right beside left. Point left toe forward across right. Step left beside right. Tap right beside left. Step right beside left. Cross left over right. Rock forward on right. Recover onto left. Step right back. Step left beside right. Step right forward.	Point Together Point Together Tap Ball Cross Right Rock Coaster Step	On the spot
Section 2 1 & 2 & 3 & 4 5 - 6 7 & 8	Cross Toe Touches, Tap Ball Cross, Forward Rock, Shuffle 1/2 Turn Left Point left toe forward across right. Step left beside right. Point right toe forward across left. Step right beside left. Tap left beside right. Step left beside right. Cross right over left. Rock forward on left. Recover onto right. Shuffle step 1/2 turn left, stepping - left, right, left.	Point Together Point Together Tap Ball Cross Left Rock Shuffle Turn	On the spot Turning left
Section 3 1 - 2 3 & 4 5 - 6 7 & 8	Cross, Side, Sailor Step, Cross, Side, Coaster Step Cross right over left. Step left to left side. Cross right behind left. Step left to left side. Step right to place. Cross left over right. Step right to right side. Step left back. Step right beside left. Step left forward.	Cross Side Sailor Step Cross Side Coaster Step	Left On the spot Right On the spot
Section 4 1 - 2 3 & 4 Option 5 - 6 7 & 8	Forward Rock, Triple Full Turn Right, Forward Rock, Sailor 1/4 Turn Left Rock forward on right. Recover onto left. Triple full turn right, stepping - right, left, right. Replace full turn with coaster step. Rock forward on left. Recover onto right. Making 1/4 turn left sweeping left behind right. Step right to side. Step left in place.	Right Rock Triple Full Turn Left Rock Sailor Turn	On the spot Turning right On the spot Turning left
Section 5 1 & 2 3 - 4 5 & 6 7 - 8 Option	Forward Shuffle, Step, Pivot 1/2 Right, Forward Shuffle, Full Turn Left Step right forward. Close left beside right. Step right forward. Step left forward. Pivot 1/2 turn right. Step left forward. Close right beside left. Step left forward. Make 1/2 turn left stepping right back. Make 1/2 turn left stepping left forward. Replace full turn left with walk forward right, left.	Right Shuffle Step Pivot Left Shuffle Full Turn	Forward Turning right Forward Turning left
Section 6 1 & 2 3 - 4 5 & 6 7 - 8	Chasse Right, Back Rock, Chasse Left, Back Rock Step right to right side. Close left beside right. Step right to right side. Rock back on left. Recover onto right. Step left to left side. Close right beside left. Step left to left side. Rock back on right. Recover onto left.	Side Close Side Back Rock Side Close Side Back Rock	Right On the spot Left On the spot

Choreographed by: Theresa Needham (UK) June 2007

Choreographed to: 'How I Feel' by Martina McBride (104 bpm)
from CD Waking Up Laughing (start on vocals)

Music Suggestion: 'As The Crow Flies' by Gary Allan (112 bpm) from CD Greatest Hits



A video clip of this dance is available to members at www.linedancermagazine.com