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Funk N Feel It

48 Count, 4 Wall, Intermediate

Choreographer: Rachael McEnaney-White & Arjay Centeno
(USA) Jul 2016

Choreographed to: Feel It by Tobymac, ft. Mr. Talkbox

Track: Approx 3.20 mins. Approx 115bpm.

Count In: 16 counts from when the beat kicks in, the dance begins after you hear "1,2 3, 4".
Notes: There is 1 tag during after 16 counts during the 6th wall – you will be facing 6.00 for the tag then start again.

Section 1 Sit With Hip Bumps, L Ball, R Fwd, L Kick Ball, R Point, R Close, L Kick/Swing, ¼ Turn L Hitch, Push Slide, Knee Pop

& 1 Begin dance with L foot already stepped forward. Bend both knees (&), with knees bent push hips back (weight R) (1), 12.00

& 2 & 3 Push hips forward (&), straighten knees keeping weight back on R (2), step ball of L next to R (&), step forward R (3) 12.00

4 & 5 & 6 Kick L forward (4), step L next to R (&), point R to right side (5), step R next to L (&), swing L leg out to left side (like a low kick) (6) 12.00

& 7 Make ¼ turn left as you hitch L knee (&), touch L toe next to R pushing down on ball of L as you slide R foot back (7) 9.00

8 Drop L heel to floor as you pop R knee forward (8) 9.00

Section 2 R Fwd With L Sweep, L Cross, R Back, ½ Turn L, R Fwd, Out-Out (L-R), 2x Chugs Forward, Step L With R Leg Swing

1 2 Step forward R as you sweep L (from back to front) (1), cross L over R (2), 9.00

3 & 4 Step back R (3), make ½ turn left stepping forward L (&), step forward R (4) 3.00

& 5 Step L to left side (slightly forward) (&), step R to right side (5), 3.00

6 7 Lift both heels off floor and drop them down as you slide/push toes forward slightly (6), repeat count 6 (7)

Easy option: just lift heels and drop heels to floor without the chug because the chug barely moves forward 3.00

8 Step L in towards R as you swing R leg out to right side (like a kick/sweep) (8) 3.00

Tag: The 6th wall begins facing 3.00: dance up to count 16 (now facing 6.00) then add the following Tag, then start the dance again:

Cross R over L (1), step back L (2), step R to right side (3), place L foot forward but have weight balanced between both feet (4) 6.00

Section 3 Weave With Knee Pops, R Cross, L Side, R Behind, L Side, R Touch, R Side, L Touch

1 2 Cross R over L as you pop L knee forward (1), step L to left side as you pop R knee forward (2), 3.00

3 4 Cross R behind L as you pop L knee forward (3), step L to left side as you pop R knee forward (4) 3.00

5 & 6 Cross R over L (5), step L to left side (&), cross R behind L (6) 3.00

& 7 & 8 Step L to left side (&), touch R next to L (7), step R to right side (&), touch L next to R (8) 3.00

Section 4 L Press With Knee Pops 'OUT-IN-OUT', L Slide, L Ball, R Cross, ¾ L Turn Walking L-R-L, 2 Jumps

1 & 2 Press ball of L out to left side as you pop L knee out to left (1), pop L knee in toward R (&), pop L knee out to left (2) (weight ends L) 3.00

3 & 4 Transfer weight R as you slide L in towards R (3), step ball of L slightly behind R (&), cross R over L (4) 3.00

5 6 7 (walk in a circle) Make ¼ turn left stepping forward L (5), make ¼ turn left stepping forward R (6), make ¼ turn left stepping forward L (7) 6.00

& 8 Jump forward slightly with both feet (&), jump forward slightly with both feet (8)

Easy option: Step R next to L (&), step forward L (8) 6.00

Section 5 R Mambo Fwd, L Mambo Back, R Side Rock, R Cross, L Side Ball Rock, L Cross

1&2 3&4 Rock forward R (1), recover weight L (&), step slightly back R (2), rock back L (3), recover weight R (&), step slightly forward L (4) 6.00

5&6&7 8 Rock R to right side (5), recover weight L (&), cross R over L (6), rock ball of L to left side (&), recover weight R (7), cross L over R (8) 6.00

41 - 48

1 2 3 4

R Side, L Touch, ¼ Turn L Side, R Touch, R Kick-Hook-Kick-Flick, R Kick Ball Step

Step R to right side (big step) (1), touch L next to R (2), make ¼ turn L stepping L to left side (big step) (3), touch R next to L (4) 3.00

5&6&

Kick R forward (5), hook R in front of L shin (&), kick R forward (6), flick R foot back (&) 3.00

7 & 8

Kick R forward (7), step R next to L (&), place L foot forward but have weight balanced between both feet (8) 3.00

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