



Catch Feels (aka Feels)

32 Count, 4 Wall, Intermeidate

Choreographer: Amy Christian (USA) Aug 2017

Choreographed to: Feels by Calvin Harris,
ft. Pharrell Williams, Katy Perry, Big Sean.

Intro: 32 counts. Start on Lyrics.

Section 1 Side, Touch, Side, Touch, ¼ R Coaster, ½, ½ Tog, Look Right-Bend Back-Snap, Look Fwd- Clap,

1&2& Step R to right side, Touch L next to R, Step L to left side, Touch R next to L,
3&4 ¼ R Coaster step turning left, (Prep), [9:00],
5&6 ½ Turn right, stepping L back, ½ Turn right, stepping R fwd, Step L next to R,
7-8 Look right as you bend upper body back & Snap fingers by hips(7),
Look forward & Straighten up(8),

Section 2 R Coaster, Scuff L, Hitch L, Stomp, ¼ Right Twisting Heels, Bump R, Bump L,
1&2 R Coaster Step,

3&4& Scuff L, Hitch L, Stomp L, Twist both heels to left side make ¼ right, (Bump), [12:00]
5&6 Continue to twist both heels, R,L,R,L,R,L,R,L, moving slightly left, transferring weight to L,
(Add Bumps),

7-8 Bump R, Bump L,

Option – Don't do Bumps. Instead keep twisting heels on counts &7&8

Section 3 Big Step To R, Long Weave, Cross, ¼, ¼,

1 Take a big step to right on R,
2&3& Step L behind R, Step R to side, Step L across R, Step R to right side,
4&5 Step L behind R, Step R to right side, Step L across R,
6-8 Cross R over L, ¼ right, stepping L back, ¼ right, stepping R out to side, [6:00]

Section 4 Rock Out, Recover, Ball, Rock Out, Recover, ¼ Rock Back On R,
Recover Fwd On L, ½, ½,

1-2& Rock L out to left side, Recover on R (out), Step L next to R,
3-4 Rock R out to right side, Recover on L (out),
5-6 ¼ right, Rock back on R [9:00], Recover stepping fwd on L,
7-8 ½ turn left, stepping back on R [3:00], ½ turn left, forward on L [9:00], (or Walk, Walk).

Start over!