Feel This Way

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56 Count 2 Wall Intermediate Level Dance.
Choreographed by: Jonas Dahlgren (SWE), Hayley Wheatley (UK), Daniel Trepat (NL), Chloe Ourties (FR) Nov 2026
Choreographed to: Feel This Way by Martin Andrew Lowery
Intro: 32 Counts. Start at approx 17 secs.

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SEC 1	**SIDE, TOGETHER, SHUFFLE FWD, ROCK, SHUFFLE ½**
1-2	Step side L, step R next to L
3&4	Step fwd L, step R next to L, step fwd L
5-6	Rock fwd R, recover on L
7&8	¼ Right step side R, step L next to R, ¼ right fwd R (6:00)
SEC 2	**¼ SIDE, BEHIND, SIDE CHASSE, CROSS ROCK SIDE, CROSS ROCK**
1-2	¼ Right step side L, step R behind L (9:00)
3&4	Step side L, step R next to L, step side L
5-6&	Cross rock R over L, recover on L, step side R
7-8	Cross rock L over R, recover on R
Restart	Here on Wall 3, turn ¼ left to restart
SEC 3	**BACK ROCK, TRIPLE ½, BACK ROCK, TRIPLE ½**
1-2	Rock back L, recover on R
3&4	¼ Right step side L, step R next to L, ¼ right step back L (3:00)
5-6	Rock back R, recover on L
7&8	¼ Left step side R, step L next to R, ¼ left step back R (9:00)
SEC 4	**¼ SIDE, DRAG, BALL CROSS, POINT, SAILOR, SAILOR ¼**
1-2	¼ Left step side L, drag R towards L (6:00)
&3-4	Step R next to L, cross L over R, point R out to right side
5&6	Cross R behind L, step side L, step side R
7&8	Cross L behind R, ¼ left step side R, step side L (3:00)
SEC 5	**STEP, LOCK, SHUFFLE, ROCK, BACK SHUFFLE**
1-2	Step fwd R, lock L behind R
3&4	Step fwd R, step L next to R, step fwd R
5-6	Rock fwd L, recover on R
7&8	Step back L, step R next to L, step back L

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SEC 6	**FULL TURN, ¼ SIDE, BRUSH, JAZZ BOX CROSS**
1-2	½ Right step fwd R, ½ right step back L (3:00)
3-4	¼ Right step side R, brush L across R (6:00)
5-6	Cross L over R, step back R
7-8	Step side L, cross R over L

SEC 7	**TIMING STEP, TIMING STEP, SWAY X4**
1-2&	Step side L, step R next to L, step L next to R
3-4&	Step side R, step L next to R, step R next to L
5-6	Sway to left, sway to right
7-8	Sway to left, sway to right

Tag	At the end of Walls 1 and 4
	TIMING STEP, TIMING STEP, SWAY X4
1-2&	Step side L, step R next to L, step L next to R
3-4&	Step side R, step L next to R, step R next to L
5-6	Sway to left, sway to right
7-8	Sway to left, sway to right