

I FEEL LIKE DANCING

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Music : I Feel Like Dancing - Artist: Jason Mraz
Album : Mystical Magical Rhythmical Radical Ride - track 2
You Tube - [I Feel Like Dancing](#) Download - Amazon - [I Feel Like Dancing](#)
Rhythm : Cha Cha Speed: 40.5 rpm (-10% in DM)
Phase : 4 + 1 + 1 / Double Cuban, Marchessi 3/4 average difficulty
Footwork : Opposite Except where noted release : Dec 2024

Seq - Intro , A B C , A (9-16) , B (Mod) , End

Intro - Man Fcg wall / lady fc man / no hands joined ;

- 1-5 **Wait 1 meas ; Chase w/ Full Turns low BFLY ; ; Ronde Cha Box ; ;**
Wait 1 measure ;
123&4 {Chase w/ Full Turns} (no hands) Fwd L trn RF 1/2, fwd R trn RF 1/2, bk L / lk R, bk L
(Bk R, rec L, fwd R / lk L, fwd R) ;
123&4 Bk R, rec L, fwd R / lk L, fwd R
(fwd L trn RF 1/2, fwd R trn RF 1/2, bk L/lk R, bk L) low BFLY ;
123&4 {Ronde Cha Box} (low BFLY) Ronde LIFR taking wgt, sd R, bk L / lk R, bk L
(Ronde RIBL taking wgt, sd L, fwd R / lk L, fwd R) ;
123&4 Ronde RIBL taking wgt, sd L, fwd R / lk L, fwd R
(Ronde LIFR taking wgt, sd R, bk L / lk R, bk L) BFLY ;

A - BFLY -

- 1-4 **Half Basic ; New Yorker in 4q ; Spot Turn ; Fence Line in 4q ;**
123&4 {Half Basic} (BFLY) Fwd L, rec R, sd L / cl R, sd L ;
1234 {New Yorker in 4 to face} (BFLY) Tfrng LF wd R, rec L trng RF fc ptnr, sd R, cl L BFLY ;
123&4 {Spot Turn} (BFLY) Trng LF fwd R, trng LF rec L to fc ptnr, sd R/cl L, sd R BFLY ;
123&4 {Fence Line in 4} (BFLY) XLIFR, trng LF rec R to fc ptnr, sd L, rec R BFLY ;
5-8 **Sand Step twice ; ; Marchessi 3/4 and Side Close ; ;**
-- 3&4 {Sand Step twice} (BFLY) Swiv RF on R tch L toe to R instep, swiv LF tch L heel to R instep,
swiv RF XLIFR/sd R, XLIFR ;
-- 3&4 Swiv LF on L tch R toe to L instep, swiv RF tch R heel to L instep, swiv LF XRIFL/sd L, XRIFL ;
1&2&3&4 {Marchessi 3/4} (BFLY) Press L heel fwd / rec R, press left toe back / rec R,
press L heel fwd / rec R, press L heel fwd / rec R ;
1&2&34 Press left toe back / rec R, press left heel fwd / rec R ,
{and Side Close} (CP / W) sd L, cl R BFLY ;

9-12 Half Basic ; Kick to the 4 and Cha ; Aida ; Switch Rock ;

- 123&4 {Half Basic} (BFLY) Fwd L, rec R, sd L / cl R, sd L ;
-- 3&4 {Kick to the 4 and Cha} (BFLY) Swivel LF (W RF) kick R across L twd LOD, swivel RF on L
crossing calf of R leg in front of L knee, sd R / cl L, sd R BFLY ;
123&4 {Aida} (BFLY) Thru L, trn LF sd R, cont LF trng bk L/lk R, bk L trailing arm up and back ;
123&4 {Switch Rock} (Aida line) On supporting foot swvl RF (LF) sd R BFLY, rec L, sd R/cl L, sd R ;

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13-16 Thru Vine 4 ; Aida to Back Triple Chas ; ; Switch Cross in 4 BFLY ;

1234 {Thru Vine 4} (BFLY) Thru L, sd R, XLIBR, sd R ;

123&4 {Aida to Back Triple Chas} (BFLY) Thru L trng LF, sd R trng LF, bk L/lk R, bk L ;

1&23&4 bk R/lk L, bk R, bk L/lk R, bk L Aida Line Pos. ;

1234 {Switch Cross in 4} (Aida line) On supporting ft swvl RF (LF) sd R BFLY, rec L, thru R, sd L BFLY ;

B - BFLY -

1-2 Fan ; Start a Hockey Stick to Wrap RW (2nd time LC) ;

123&4 {Fan} (BFLY) Bk R, rec L, sd R/cl L, sd R

(fwd L, trng LF 1/4 bk R, bk L/lk R, bk L to Fan rt toe pointed fwd) Fan Pos. ;

123&4 {Start a Hockey Stick} (Fan Pos) Fwd L, rec R, in plc L/sd R, cl L lead W to wrap under lead hands (cl R, fwd L, fwd R /lk L, fwd R) wrapped RW ;

3-4 Wheel face LOD (2nd time RLOD) / lady in 4 Vars. ; Swivel Walk 4 fc Vars. Wall (COH) ;

123&4 {Wheel face line / lady in 4} (Wrapped Pos RW) wheel RF fwd R, fwd L, fwd R / lk L, fwd R

(1234) (bk L, bk R, bk L, bk R) release to Varsuivienne LOD ;

1234 {Swivel Walk 4 Tandem wall} (Varsuivienne LOD) Fwd L, fwd R, fwd L, fwd R trng RF Vars. wall ;

4-8 Parallel Chase ; ; into Left Lariat ; lady finish in 4 ;

123&4 {Parallel Chase} (Var / W) Sd L trng RF to Lft Vars, rec R trng to RLOD, fwd L/lk RIBL, fwd L ;

123&4 Sd R trng LF, cont LF trn fwd L to Rt Vars, fwd R / lk L, fwd R ;

123&4 Bk L, rec R, in plc L/R, L

(maintain left hnds joined lady walk around M CCW fwd L, fwd R, fwd L/lk R, fwd L) ;

123&4 Bk R, rec L, in plc R/L, R

(1234) (cont around man fwd R, fwd L, fwd R, fwd L trng LF to face ptr) join lead hands ;

9-10 Chase w/ Under Arm Pass shake hands fc COH (wall) ; ;

123&4 {Chase w/ Under Arm Pass} (Lop Fcg / W) Fwd L trng 1/2 RF keep lead hands joined, fwd R COH, fwd L/lk R, fwd L (bk R, rec L, fwd R/lk L, fwd R) ;

123&4 Rk bk & sd R lead W to turn under lead hands, rec L, sip R/cl L, sd R

(fwd L, fwd R under jnd lead hands trng LF fc M, sd L/cl R, sd L) shake rt hands ;

11-12 Flirt ; to Facing Fan fc RLOD (LOD) shake hands ;

123&4 {Flirt} (hand shake / COH) Fwd L, rec R, bk L/cl R, bk L

(bk R, rec L comm trng LF, cont trng LF sd R/cl L, sd & bk R) Vars / wall ;

123&4 {to a Facing Fan} (Vars / wall) Bk R, sml fwd L comm trng LF 1/4, sd R/cl L, sd R

(bk L, fwd R, sd L/cl R, sd & bk L trng RF 1/4) to handshake / RLOD ;

13-14 Trade Places twice lead hands ; ;

123&4 {Trade Places twice} (Rt handshake RLOD) Rk apt L, rec R trng 1/4 RF, slide behind the lady sd L/cl R, release R hnds cont trng RF 1/4 to fc ptr sd & bk L

(rk apt R, rec L trng 1/4 LF, slide in front of M sd R/cl L, cont trng 1/4 LF sd & bk R) join Lft hnds ;

123&4 Rk apt R, rec L trng 1/4 LF, slide behind the lady sd R/cl L, release lft hnds cont trng LF to fc ptr

sd & bk R (rk apt L, rec R trng 1/4 RF, slide in front of M sd L/cl R, cont trng RF to fc ptr sd & bk L)

join lead hands Lop Fcg / RLOD ;

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15-16 Alemana to BFLY SCAR / COH ; ;

123&4 {Alemana BFLY/ COH} (Lop Fcg / RLOD) Fwd L, rec R trng RF fc wall, bk L / bk R, bk L
(bk R, rec L, fwd R / lk L, fwd R trng RF fc ptrn) Lop Fcg / W ;

123&4 Bk R, rec L, sd R / cl L, sd R trng 1/8 RF (trng RF 1/8 fwd L to mans lft sd, fwd R trng RF 5/8
fc ptrn, sd L / cl R, sd L trng 1/8 RF) BFLY / SCAR / COH ;

C - BFLY / SCAR / COH -

1-4 down line Front Twist Vine 8 ; ; Shoulder to Shoulder ; Fan ;

1234 {Front Twist Vine 8} (BFLY / SCAR / COH) Thru L, sd R, XLIBR, sd R (XRIBL, sd L, XLIFR, sd L) ;

1234 Thru L, sd R, XLIBR L, sd R (XRIBL, sd L, XLIFR, sd L) ;

123&4 {Shoulder to Shoulder} (BFLY) XLIFR, rec R, sd L / cl R, sd ;

123&4 {Fan} (BFLY) Bk R, rec L, sd R / cl L, sd R
(fwd L, bk R turn LF fc 1/4, bk L / lk, bk L) Fan Pos ;

5-7 Start a Hockey Stick Tandem COH ; Double Cuban twice ; ;

123&4 {Start a Hockey Stick Tandem COH} (Fan Pos.) Fwd L, rec R, in plc L / cl R, in plc L
(cl R, fwd L, fwd R / lk L, fwd R trng LF 1/4) Tandem COH ;

1&2&3&4 {Double Cuban} (Tandem / COH) XLIFR / rec R, chk sd L / rec R, XLIFR / rec R, sd L ;

1&2&3&4 XLIFR / rec L, chk sd R / rec L, XLIFR / rec L, sd R ;

8 Hockey Stick Ending out to BFLY COH ;

123&4 {Hockey Stick Ending out to BFLY / COH} (Tandem COH) Bk R, rec L fcg wall, fwd R / lk L, fwd R
(fwd L, fwd R trn LF 1/2, bk L / lk R, bk L) BFLY / COH ;

Repeat A (9-16) - now fcg BFLY / COH

B (Mod) - now fcg BFLY / COH -

Repeat B 1-15 end Lop Fcg / wall

16 Close Point and Freeze ;

&1 --- {Close Point and Freeze} (Lop Fcg / wall) Cl R / point L sd, - , - , - ;

End - BFLY -

1-4 Cross Body ; ; Chase w/ Full Turns BFLY ; ;

123&4 {Cross Body} (BFLY) Fwd L blend to CP, rec R trng LF 1/4, sd L / cl R, sd L
(bk R, rec L, fwd R / lk L, fwd R) ;

123&4 Bk R, rec L trng 1/4 LF, sd R / cl L, sd R (fwd L, fwd R trng 1/2 LF, sd L / cl R, sd L) release hands ;

123&4 {Chase w/ Full Turns} (no hands) Fwd L trn RF 1/2, fwd R trn RF 1/2, bk L / lk R, bk L
(Bk R, rec L, fwd R / lk L, fwd R) ;

123&4 Bk R, rec L, fwd R / lk L, fwd R (fwd L trn RF 1/2, fwd R trn RF 1/2, bk L / lk R, bk L) low BLFY ;

5-8 Ronde Cha Box ; ; one Double Cuban ; Close Point ;

123&4 {Ronde Cha Box} (BFLY) Ronde LIFR taking wgt, sd R, bk L / lk R, bk L
(Ronde RIBL taking wgt, sd L, fwd R / lk L, fwd R) ;

123&4 Ronde RIBL taking wgt, sd L, fwd R / lk L, fwd R
(Ronde LIFR taking wgt, sd R, bk L / lk R, bk L) BFLY ;

1&2&3&4 {one Double Cuban} (BFLY) XLIFR/rec R, chk sd L/rec R, XLIFR/rec R, sd L/ hold the "&" count ;

&1 {Close Point} (BFLY) Cl R / point side L, - , - , - ;

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4 + 1 + 1 Cha Cha
Double Cuban, Marchessi

play @ 42.3 (-6%)

Seq - Intro , A B C , A (9-16) , B (Mod) , A (1-8 Mod) , B , End

Intro - Man Fcg wall / lady fc man / no hands joined ;

Wait 1 meas ; Chase w/ Full Turns low BFLY ; ; Ronde Cha Box ; ;

**A - BFLY - Half Basic ; New Yorker in 4q ; Spot Turn ; Fence Line in 4q ;
Sand Step twice ; ; Marchessi 3/4 and Side Close ; ;**

**Half Basic ; Kick to the 4 and Cha ; Aida ; Switch Rock ;
Thru Vine 4 ; Aida to Back Triple Chas ; ; Switch Cross in 4 BFLY ;**

**B - BFLY - Fan ; Start a Hockey Stick to Wrap RW ;
Wheel face line / lady in 4 Vars. ; Swivel Walk 4 fc Vars. wall ;
Parallel Chase ; ; into Left Lariat ; lady finish in 4 ;**

**Chase w/ Under Arm Pass ; shake hands fc COH ;
Flirt ; to Facing Fan RLOD shake hands ;
Trade Places twice ; lead hands ; Alemana to BFLY / SCAR / COH ; ;**

**C - BFLY / SCAR / COH - down line Front Twist Vine 8 ; ; Shoulder to Shoulder ; Fan ;
Start a Hockey Stick Tandem COH ; Double Cuban twice ; ;
Hockey Stick Ending out to BFLY COH ;**

**A (9-16) - BFLY / COH - Half Basic ; Kick to the 4 and Cha ; Aida ; Switch Rock ;
Thru Vine 4 ; Aida to Back Triple Chas ; ; Switch Cross in 4 ;**

**B (Mod) - BFLY / COH - Fan ; Start a Hockey Stick to Wrap LC ;
Wheel face rev / lady in 4 Vars. ; Swivel Walk 4 fc Vars. COH ;
Parallel Chase ; ; into Left Lariat ; lady finish in 4 ;**

**Chase w/ Under Arm Pass ; shake hands fc wall ;
Flirt ; to Facing Fan LOD shake hands ;
Trade Places twice ; lead hands ;
Start an Alemana to face wall ; Close Point and Freeze ;**

**End - BFLY - Cross Body ; ; Chase w/ Full Turns low BFLY ; ;
Ronde Cha Box ; ; one Double Cuban ; Close Point ;**