

# I Feel Like Dancing

Jason Mraz



**Choreographer:** Tina Kipp  
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**Album:** Amazon or iTunes download  
**taught at:** Clogging Convention 2023  
**Sequence:** As written A1 A2 B C D A2 B C\* A1 B C C

**Duration:** 3:38  
**BPM:** 113  
**Level:** Intermediate

## Part A1 (32 beats)

Grape Vine      S(ots) S(xib) S(ots) TCH  
L            R            L            R  
1            2            3            4

4 Touches      TCH(ots) TCH(b) TCH(ots) TCH(b) **right hand point up & down**  
R            R            R            R  
1            2            3            4

Grape Vine

Roll Arms      **roll arms and shake hips in 4 beats**

Omi            DS DS(xib) R H(ots) R S(xif)  
L R            L R            R L  
&1 &2            & 3            & 4

Triple            DS DS DS RS  
R L R LR  
&1 &2 &3 &4

Joey            DS BA(xib) BA(ots) BA(ots) BA(xib) BA(ots) S  
L R            L            R            L            R            L  
&1 &            2            &            3            &            4

Triple

## Part A2 (32 beats)

2 Cotton Kick    KK UP(xif)/H KK UP(unx)/H DS RS  
L L            R L L            R L RL  
&            1 &            2 &3 &4

Mountain Goat    DS BA(xif) BA(xib) BA(ots) BA(xif) BA(xib)/H(if) UP/SL  
L R            L            R            L            R            L            L R  
&1 &            2            &            3            &            4

Spinner            DS DS R H(w) (turn 1/2 L) S  
L R L R            L  
&1 &2 & 3            4

Karate Rock      DS KK (1/2 R) H RS KK UP/H  
R L            R LR L L R  
&1 &            2 &3 &            4

2 Basic            DS RS  
L RL  
&1 &2

Knee Pops        DS/FL(f) S/FL(f) S/FL(f) S/FL(f)  
L R            R L            L R            R L  
&1            & 2            & 3            & 4

Fancy Double     DS DS RS RS      **move back**  
L R LR LR  
&1 &2 &3 &4

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## Part B (32 beats)

| -1/4 R- |                      | -3/4 L- |

Samantha Travel            DS DS(xif) DR S(ib) DR S(ib) RS DS DS RS  
                                 L R            R L            L R            LR L R LR  
                                 &1 &2            & 3            & 4            &5 &6 &7 &8

4 Step Touches            S TCH(f)    S TCH(b) S TCH(f) S TCH(b)  
  Back                      L R            R L            L R            R L  
                                 1 2            3 4            5 6            7 8

**repeat all**

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## Part C (32 beats)

MJ Run                      DS DS(xib) R H(w/ots) SLR S(ib) BA(ots) BA(xif) BA(ots) BA(xib) DS RS  
                                 L R            L R            L L            R            L            R            L            R LR  
                                 &1 &2            & 3            & 4            &            5            &            6            &7 &8

Fancy Run                      DS DS(xif) BA(ots) BA(xib) BA(ots) S  
                                 L R            L            R            L            R  
                                 &1 &2            &            3            &            4

Triple

**repeat all opposite footwork**

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## Part D (32 beats)

| -1/4 L- |

Waterloo                      DS R(if)S R(ots)S H(if) T(b) BA/H UP/SL RS DS DR/KK S  
                                 L R            L R            L R            R            R L L R LR L L R R  
                                 &1 &            2 &            3 &            4            &            5            &6 &7            & 8

Cowboy                        DS DS DS BR UP/H DS(xif) RS RS RS    **turn ¼ left**  
                                 L R L R            R L R            LR LR LR  
                                 &1 &2 &3 &            4 &5            &6 &7 &8

**repeat all**

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## Part A2 (32 beats)

2 Cotton Kick • Mountain Goat • Spinner • Karate Rock • 2 Basic • Knee Pops • Fancy Double

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## Part B (32 beats)

Samantha Travel • 4 Step Touches • **repeat all**

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## Part C\* (32 beats)

MJ Run • Fancy Run • Triple • MJ Run • Fancy Run • DS & Freeze 3beats

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## Part A1 (32 beats)

Grape Vine • 4 Touches • Grape Vine • Roll Arms • Omi • Triple • Joey • Triple

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## Part B (32 beats)

Samantha Travel • 4 Step Touches • **repeat all**

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## Part C (32 beats)

MJ Run • Fancy Run • Triple **repeat all**

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## Part C (32 beats)

MJ Run • Fancy Run • Triple **repeat all**

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