

It Feels Good

Count: 32

Wand: 4

Ebene: Novice

Choreograf/in: Lucie Incardona (FR) & Martine Nageotte (FR) - 2016

Musik: It Feels Good - Drake White : (iTunes)



Choreography written by Lucie (14 years) for the preparation of Master's Teams season 2016.2017

For the club "West Dance Story" (03 Biozat) modified for category Show

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Intro: 16 counts

[1-8] SYNCOPATED WEAVE R, R SAILOR, CROSS SHUFFLE

- 1-2 Step R to R, left cross behind right
- &3 4 Step R to R, Cross LF over R, step R to R
- 5&6 L sailor step (12:00)
- 7&8 Cross R over L, step L to left side, Cross R over L, (diagonal G)

[9-16] TOE STRUT L R, SIDE ROCK, BEHIND SIDE CROSS

- 1-2 Step left toe forward, drop heel,
- 3-4 Step left toe side, drop heel
- 5-6 Step L to L, recover to R (12:00)
- 7&8 Step L, behind R, step L to L Cross R over L

*Restart (6:00)

[17-24] ROCK STEP R, TRIPLE ½ TURN R, ROCK STEP L, COASTER STEP

- 1-2 Rock right foot forward, recover weight on to Left
- 3&4 Triple ½ turn right stepping right, left, right (6 :00)
- 5-6 Rock left foot forward, recover weight on to right
- 7&8 Step left foot back, close right beside left, step forward left

[25-32] STEP TURN 1/2, STEP TURN 1/4, FORWARD TOUCH + CLAP

- 1-2 Step forward on R. pivot ½ turn left. (12:00)
- 3-4 Step forward on R. pivot ¼ turn left. (9:00) PDC sur G
- 5-6 Step RF forward, touch LF next to right and clap hands
- 7-8 Step LF forward, touch RF next to left and clap hands

*Restart during 3ème wall after 16 counts, face to (6 :00)

Final : at the end of the dance, to make a quater of tour on the touch last one end at 12 :00

Begin again with the smile!!!

Plug prepared, translated and formatting by Martine Nageotte

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