

# It Feels Good

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Gail A. Dawson (USA) - July 2017

Musik: Feels Good - Tony! Toni! Toné!



## Intro: 48 counts - No Tags, No Restarts

### \*VINE WITH A HEEL JACK, ROCK, RECOVER, TRIPLE TURN 1/2

1,2 Step R to R, step L behind R  
&3 Step R to R, touch L heel diagonally forward  
&4 Step L beside R, cross R over L  
5,6 Rock L forward, recover to R  
7&8 Step L ½ turn to L (6:00), step R beside L, step L forward

### \*OPTION GRAPE VINE INSTEAD OF A VINE WITH A HEEL JACK

### ROCK, RECOVER, \*\*PONY BACK, PONY BACK, ROCK, RECOVER

1,2 Rock R forward, recover L  
3&4 Step R back hitching L, step L in place, step R back hitching L  
5&6 Step L back hitching R, step R in place, step L back hitching R  
7,8 Rock R back, recover to L

### \*\*OPTIONS INSTEAD OF PONY

#### OPTION 1 – BODY ROLL

3,4 Step R back diagonally to right, body roll to right  
5,6 Step L back diagonally to L, body roll to left

#### OPTION 2 – STEP TOUCH

3,4 Step R back diagonally to right, body roll to right  
5,6 Step L back diagonally to L, body roll to left

### ¼ TURN POINT, CROSS, POINT, CROSS, MONTERRY ½ TURN

1,2 Turn ¼ on L foot point R to R(3:00), R cross over L  
3,4 Point L to L, L cross over R  
5,6 Point R to R, on ball of L turn ½ to R, stepping R beside L  
7,8 Point L to L, touch L beside R

### STEP, SLIDE, KICK BALL CHANGE, JAZZ BOX

1,2 Step L forward, slide R beside L (do not take weight)  
3&4 Kick R forward, step R beside L, step L in place  
5, 6 Cross R over L, step L back  
7&8 Step R beside L, cross L over R

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