

I Feel Better

Count: 0

Wand: 4

Ebene:

Choreograf/in: Lars Soderstrom (SWE)

Musik: I Feel Better (Since You're Gone) - Jim Stringer & The AM Band



Sequence: AAAA, BB

PART A

SHUFFLE, KICK, TOUCH, TURN, STOMP, SHUFFLE

- 1&2 Step forward right, close left beside right, step forward right
- 3 Kick left foot forward
- 4 Touch left foot back
- 5 Make half turn left
- 6 Stomp right beside left
- 7&8 Step forward left, close right beside left, step forward left
- 9-16 Repeat

FULL TURN RIGHT, SHUFFLE, FULL TURN LEFT, SHUFFLE

- 17 Step right foot to right and making ½ turn right
- 18 Step left foot to left making ½ turn right, completing full turn
- 19&20 Step right foot right, close left beside right, step right foot right
- 21 Step left foot to left and making ½ turn left
- 22 Step right foot to right making ½ turn left, completing full turn
- 23&24 Step left foot left, close right beside left, step left foot left

RIGHT HEEL BALL CROSS TWICE, KICK, KICK, SAILOR ¼ TURN

- 25 Touch right heel diagonally forward
- &26 Step back on ball of right. Cross left over right
- 27 Touch right heel diagonally forward
- &28 Step back on ball of right. Cross left over right
- 29-30 Kick right forward. Kick right to right diagonal.
- 31&32 Cross right behind left. Step left to left side with ¼ turn right. Touch right beside left

PART B

KICK WALK TWICE, KICK TWICE, COASTER STEP

- 1 Left foot kick forward
- 2 Left foot step forward
- 3 Right foot kick forward
- 4 Right foot step forward
- 5-6 Left foot kick forward twice
- 7 Left foot step back
- & Right foot step back
- 8 Left foot forward

ROCK STEP, WEAVE LEFT, ½ TURN

- 9 Rock right foot to right side
- 10 Recover weight onto left foot
- 11 Right foot cross behind left
- 12 Left foot left side
- 13 Right foot cross in front of left
- 14 ¼ turn right with left foot

- 15 ¼ turn right with right foot, completing ½ turn
- 16 Left foot step beside right with weight
- 17-24 Repeat step 9-16

TOUCH HITCH, TOUCH TOGETHER

- 25 Touch right foot to right side, arms out and snap fingers
- 26 Hitch right knee in front of left leg, arms cross in front of chest snap fingers
- 27 Touch right foot to right side, arms out and snap fingers
- 28 Right foot beside left foot, clap
- 29-32 Repeat 25-28 with left foot

KICK, TOUCH, ¼ TURN, MOONWALK TWICE, COASTER STEP

- 33 Kick right foot forward
- 34 Touch right toe diagonally back right
- 35 ¼ turn right
- 36 Hold and clap
- 37 Moonwalk back right
- 38 Moonwalk back left
- 39 Right foot back
- & Left beside right
- 40 Right foot step forward

On moonwalk point your thumbs over your shoulders, twice

If you do not have the original music, you can dance Part B to any music.
