

# Still Feels Good

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Mark Simpkin (AUS) & Peter Fry (AUS) - April 2008

Musik: Still Feels Good - Rascal Flats



## Side, Behind, Ball Cross Shuffle, $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{1}{2}$ , Pivot $\frac{1}{2}$

- 1-2 Step R to R side, step L behind R,  
&3&4 Step R to R side, cross L over R, step R to R side, cross L over R  
5-6  $\frac{1}{4}$  turn R stepping forward on R,  $\frac{1}{2}$  turn R stepping back on L  
7&8  $\frac{1}{2}$  turn R stepping forward on R, step forward on L,  $\frac{1}{2}$  turn R putting weight on R (Quick Pivot)

## Step Hold, Sailor Step, Sailor Step, Shuffle Forward

- 1-2 Step L to L side, hold  
3&4 Step R behind L, step L to L side, step R to R side,  
5&6 Step L behind R, step R to R side, step forward on L,  
7&8 Step forward on R, step L together, step forward on R

## Pivot $\frac{1}{2}$ Turn, $\frac{1}{2}$ Turn Shuffle Back, Touch $\frac{1}{2}$ Turn, Kick Ball Step

- 1-2 Step forward on L,  $\frac{1}{2}$  turn R putting weight on R  
3&4  $\frac{1}{2}$  turn R stepping back on L, step together on R, step back on L,  
5-6 Touch R toe back,  $\frac{1}{2}$  turn R putting weight on R  
7&8 Kick L forward, step L together, step R foot forward

## Rock Forward/Replace, $\frac{1}{4}$ Turn Step Hold & Step, Touch $\frac{1}{2}$ Unwind, Cross

- 1-2 Rock forward on L, replace weight on R  
3-4  $\frac{1}{4}$  turn L stepping L to L side, hold  
& Step together on R,  
5-6 Step L to L side, touch R behind L  
7-8  $\frac{1}{2}$  turn R putting weight on R (Unwind), cross L over R

## Side Rock/Replace, Cross Shuffle & $\frac{3}{4}$ Unwind, Rock Forward/Replace

- 1-2 Rock R to R side, replace weight on L  
3&4 Cross R over L, step L to L side, cross R over L  
&5-6 Step L to L side, touch R behind L,  $\frac{3}{4}$  turn R putting weight on R  
7-8 Rock forward on L, replace weight on R

## (&) Touch, Twist, Twist, Push Back, $\frac{1}{2}$ , $\frac{1}{2}$ , $\frac{1}{4}$ Side Shuffle

- &1-2 Step L beside R, touch R toe back, twist  $\frac{1}{4}$  turn R ending with weight on R  
3-4 Twist  $\frac{1}{4}$  turn L ending with weight on L, push back on R with knees slightly bent  
5-6  $\frac{1}{2}$  turn L stepping forward on L,  $\frac{1}{2}$  turn L stepping back on R,  
7&8  $\frac{1}{4}$  turn L stepping L to L side, step R together, step L to L side

## Cross Rock/Replace, Side Shuffle, Cross Rock/Replace, $\frac{1}{4}$ , $\frac{1}{4}$ Rock/Replace

- 1-2 Cross R over L, replace weight on L  
3&4 Step R to R side, step L together, step R to R side  
5-6 Cross L over R, replace weight on R,  
7&8 Turn  $\frac{1}{4}$  L stepping L fwd, Turning  $\frac{1}{4}$  L step R to R side, replace weight on L

## Cross Samba, Cross Samba, Cross Hold, Ball Cross, Step Side

- 1&2 Cross R over L, step L to L side, replace weight on R  
3&4 Cross L over R, step R to R side, replace weight on L

5-6 Cross R over L, hold

&7-8 Step L to L side, cross R over L, step L to L side

**Choreographers Note: When playing the 3.56 minute version, the music fades out at about 2 and a half minutes**

---