

I Get A Good Feeling

Count: 96

Wand: 1

Ebene: Phrased Intermediate

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Musik: Something's Got a Hold On Me - Christina Aguilera



Intro Counts: 34 Seconds (Start on the word Something's) - Sequence is A B A B A B A

Part A (64 Counts)

Step 1 t/m 8: Triple Step Left, Right Rock Step Back, Triple Step Right, Left Rock Step Back

- 1 . LF step to the Left
- & RF step next to LF
- 2 . LF step to the Left
- 3 . RF Rock back
- 4 . LF put weight back on foot
- 5 . RF step to the Right
- & LF step next to RF
- 6 . RF step to the Right
- 7 . LF Rock back
- 8 . RF put weight back on foot

Step 9 t/m 16: ½ Triple Turn Right, Right Rock Step Back, ½ Triple Turn Left, Left Rock Step Back

- 1 . Make a ¼ Turn Right (on your RF) and LF step to the Left side
- & RF step next to LF
- 2 . Make a ¼ Turn Right (on your RF) and LF step Back
- 3 . RF Rock back
- 4 . LF put weight back on foot
- 5 . Make a ¼ Turn Left (on your LF) and RF step to the Right side
- & LF step next to RF
- 6 . Make a ¼ Turn Left (on your LF) and RF step Back
- 7 . LF Rock back
- 8 . RF put weight back on foot

Step 17 t/m 24: Triple Step Left, Right Rock Step Back, Right Kick Ball Cross, Right Kick Ball Cross

- 1 . LF step to the Left
- & RF step next to LF
- 2 . LF step to the Left
- 3 . RF Rock back
- 4 . LF put weight back on foot
- 5 . RF Kick Forward
- & RF place ball of foot next to LF
- 6 . LF cross in front of RF
- 7 . RF Kick Forward
- & RF place ball of foot next to LF
- 8 . LF cross in front of RF

Step 25 t/m 32: Triple Step Right, Left Rock Step Back, Left Kick Ball Cross, Left Kick Ball Cross

- 1 . RF step to the Right
- & LF step next to RF
- 2 . RF step to the Right
- 3 . LF Rock back
- 4 . RF put weight back on foot
- 5 . LF Kick Forward

- & LF place ball of foot next to RF
- 6 . RF cross in front of LF
- 7 . LF Kick Forward
- & LF place ball of foot next to RF
- 8 . RF cross in front of LF

Step 33 t/m 40: ¼ Triple Turn Left, ¼ Step Turn Left, Cross Triple Step, Hip Sways (Left, Right)

- 1 . LF turn ¼ Left and step forward
- & RF step next to LF
- 2 . LF step Forward
- 3 . RF step forward
- 4 . Make a ¼ Turn Left (weight is on LF)
- 5 . RF cross in front of LF
- & LF step to the Left side
- 6 . RF cross in front of LF
- 7 . LF step to the Left and sway your hips left
- 8 . Sway your hips Right (weight is on RF)

Step 41 t/m 48: ¼ Triple Turn Left, ¼ Step Turn Left, Cross Triple Step, Hip Sways (Left, Right)

- 1 . LF turn ¼ Left and step forward
- & RF step next to LF
- 2 . LF step Forward
- 3 . RF step forward
- 4 . Make a ¼ Turn Left (weight is on LF)
- 5 . RF cross in front of LF
- & LF step to the Left side
- 6 . RF cross in front of LF
- 7 . LF step to the Left and sway your hips Left
- 8 . Sway your hips Right (weight is on RF)

Step 49 t/m 56: Left Sailor Step, Hip Sways (Right, Left), Right Sailor Step, Hip Sways (Left, Right)

- 1 . LF cross behind RF
- & RF step to the Right
- 2 . LF step to the Left
- 3 . Sway your hips to the Right
- 4 . Sway your hips to the Left
- 5 . RF cross behind LF
- & LF step to the Left
- 6 . RF step to the Right
- 7 . Sway your hips to the Left
- 8 . Sway your hips to the Right

Step 57 t/m 64: Left Triple Step Forward, ½ Step Turn Left, Right Triple Step Forward, ½ Step Turn Right

- 1 . LF step forward
- & RF step next to LF
- 2 . LF step forward
- 3 . RF step forward
- 4 . Make a ½ Turn Left (weight is on your LF)
- 5 . RF step forward
- & LF step next to RF
- 6 . RF step forward
- 7 . LF step forward
- 8 . Make a ½ Turn Right (weight is on your RF)

Part B (32 Counts)

Step 1 t/m 8: Shimmy's To The Left, Together, Shimmy's To The Left

- 1 . LF step to the Left and start doing Shimmy's for 4 counts
- 2 . Shimmy's
- 3 . Shimmy's
- 4 . End your Shimmy's (weight is on your LF)

(In your shimmy's you can do some nice movements with your hands. Feel the music)

- & RF step next to LF
- 5 . LF step to the Left and start doing Shimmy's for 4 counts
- 6 . Shimmy's
- 7 . Shimmy's
- 8 . End your Shimmy's (weight is on your LF)

(In your shimmy's you can do some nice movements with your hands. Feel the music)

Step 9 t/m 16: Jump With A ½ Turn Right, Shimmy's To The Left, Together, Shimmy's To The Left

- & Jump up and do a ½ Turn Right in the air (weight is on your RF)
- 1 . LF step to the Left and start doing Shimmy's for 4 counts
- 2 . Shimmy's
- 3 . Shimmy's
- 4 . End your Shimmy's (weight is on your LF)

(In your shimmy's you can do some nice movements with your hands. Feel the music)

- & RF step next to LF
- 5 . LF step to the Left and start doing Shimmy's for 4 counts
- 6 . Shimmy's
- 7 . Shimmy's
- 8 . End your Shimmy's (weight is on your LF)

(In your shimmy's you can do some nice movements with your hands. Feel the music)

Step 17 t/m 24: Triple Step Right, Left Rock Step Back, Triple Step Left, Right Rock Step Back

- 1 . RF step to the Right
- & Lf step next to RF
- 2 . RF step to the Right
- 3 . LF Rock Back
- 4 . RF put weight back on foot
- 5 . LF step to the Left
- & RF step next to LF
- 6 . LF step to the Left
- 7 . RF Rock Back
- 8 . LF put weight back on foot

Step 25 t/m 32: Hip Sways (Right, Left, Right, Left) Jump With A ½ Turn Right, Hip Sways (Left, Right, Left, Right)

- 1 . RF step to the Right and sway your hips Right
- 2 . Sway your hips Left
- 3 . Sway your hips Right
- 4 . Sway your hips Left

(During the hip sways you will do a move with your hands and arms. They will go up and down in front of you. Witch hand you start is your choice)

- & Jump up and do a ½ Turn Right in the air (weight is on your RF)
- 5 . LF step to the Left and sway your hips to the Left
- 6 . Sway your hips Right
- 7 . Sway your hips Left
- 8 . Sway your hips Right

(During the hip sways you will do a move with your hands and arms. They will go up and down in front of you. Witch hand you start is your choice)

End of dance. Enjoy it (and smile).

RLC (Ron's Linedance Club)(www.rons-linedance-club.nl)
