

I Feel Good

Count: 48

Wand: 4

Ebene: Phrased Improver

Choreograf/in: Jo Kinser (UK) & John Kinser (UK) - December 2013

Musik: I Feel Good - Maquinaria Band : (iTunes)



Start straight in (0.02).

Sequence: 1-48x5, 1-32x4, 41-48x1, 1-48x2, 33-48x2, plus Ending.

Don't let the sequence put you off, just listen to the music, it will tell you what to do.

[1-8] Rock Fwd, Side, Back, Side-Hold

- 1,2 Rock Rt Fwd, Recover weight Lt
- 3,4 Rock Rt to Rt, Recover weight Lt
- 5,6 Rock Rt Back, Recover weight Lt
- 7,8 Step Rt to Rt, Hold

[9-16] Weave Rt, Hip-Hold

- 1,2 Step Lt behind Rt, Step Rt to Rt
- 3,4 Step Lt over Rt, Step Rt to Rt
- 5,6 Step Lt behind Rt, Step Rt to Rt
- 7,8 Hitch Lt hip upwards (Bachata styling), Hold

[17-24] Rock Fwd, Side, Back, Side-Hold

- 1,2 Rock Lt Fwd, Recover weight Rt
- 3,4 Rock Lt to Lt, Recover weight Rt
- 5,6 Rock Lt Back, Recover weight Rt
- 7,8 Step Lt to Lt, Hold

[25-32] Weave Lt, 1/4 Turn, Touch, Hold

- 1,2 Step Rt behind Lt, Step Lt to Lt
- 3,4 Step Rt over Lt, Step Lt to Lt
- 5,6 Step Rt behind Lt, Make 1/4 turn Lt stepping Lt Fwd (9:00)
- 7,8 Touch Rt next to Lt, Hold

[33-40] Swing Hips Rt/Lt, Rt/Lt

- 1,2 Hold, Step Rt to Rt with both palms facing Fwd and Swing Hips and Hands to the Rt (weight Rt)
- 3,4 Swing Hips and Hands to Lt, Hold (weight Lt)
- 5,6 Hold, Step Rt to Rt with both palms facing Fwd and Swing Hips and Hands to the Rt (weight Rt)
- 7,8 Swing Hips and Hands to Lt, Hold (weight Lt)

[41-48] Taps x5, Drag

- 1,5 Tap Rt toe next to Lt 1), Tap Rt toe Slightly to Rt Diagonal 2,3,4, Press Rt toe to Rt lunging Rt, 5
- 6,7,8 Drag Rt foot toward Lt foot

TAGS:-

[33-40] Wall 3 (6:00) & 5 (12:00) Instrumental Section,

Replace 33-40, with Hip Swings Full Turn

- 1,2 With palms facing Fwd Make 1/4 turn Lt Swinging Hips & Hands Rt to the Rt (Rocking Rt),
Swing Hips & Hands Lt to the Lt (weight Lt)
- 5-8 Repeat above completing a Full Turn

[1-32] Wall 6, facing (9:00), after 32 counts:

Repeat 1-32, 4 times ending with 41-48 Taps x5, Drag facing (9:00)

Ending:-

[33-48] Wall 9 - Facing (3:00), Repeat 33-48, 3 times total;

Then add with Rt foot tapping at the Rt Diagonal tap 4 more times continuing to turn Lt till your Rt foot is facing (12:00) then extend both arms out to both sides (Tada)

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