

# Feel Good

Count: 64

Wall: 4

Level: Country

Choreographer: Shane McKeever (N.IRE) - April 2016

Music: Don't It Feel Good - Home Free



Restart: on Wall 2

#16 Count Intro (approx. 8 secs from start of track)

[1-8] □ Step Scuff, Jazz Box, Step Scuff, Jazz Box

- 1,2 Step Rf Fwd, Scuff Lf Fwd
- 3&4 Cross Lf in front of Rf, Step Rf to R side, Step Lf to L Side
- 5,6 Step Rf Fwd, Scuff Lf Fwd
- 7&8 Cross Lf in front of Rf, Step Rf to R side, Step Lf to L Side

[9-16] □ Cross, Side Rock, Cross, ¼ Turn, Paddle ½ Turn

- 1,2 Cross Rf in front of Lf, Rock Lf to L side
- 3,4 Recover, Cross Lf behind Rf
- 5 Step Rf Fwd as you ¼ Turn R (facing 3.00)
- 6,7,8 1/8 Turn R as you touch Lf to L Side Pivoting of Rf (facing 4.30), ¼ Turn R as you touch Lf to L Side Pivoting of Rf (facing 7.30), 1/8 Turn R as you touch Lf to L Side Pivoting of Rf (facing 9.00)

[&17-24] □ Together, Side Rock, Cross, Full Turn Hitch, Slide, Hold, Cross Rock, Side

- &1,2 Step Lf next to Rf, Rock Rf to R Side, Recover
- 3,4 Cross Rf in front of Lf, Full Turn as you Hitch L Knee
- 5,6 Slide Lf to L, Hold
- 7&8 Cross Rock Rf in front of Lf, Recover, Step Rf to R Side

[25-32] □ Cross, ¼ Turn, Touch x2, Step Sweep ½ Turn, Shimmy

- 1 Cross Lf in front of Rf,
- 2&3 ¼ Turn R (facing 12.00) as you Touch Rf Fwd, Step Rf next to Lf, Touch Lf Fwd
- &4 Step Lf next to Rf, Step Rf Fwd
- 5,6 Sweep Lf from Back to Front as you ½ Turn R (facing 6.00), Hold
- 7&8 Push R Shoulder Fwd, Push L Shoulder Fwd, Push R Shoulder Fwd

[33-40] □ Cross Touch L, Cross Touch R, Step RF Diagonally, ½ Turn, ½ Turn Sweep □

- 1,2 Cross Rf in front of Lf, Touch Lf to L Side
- 3,4 Cross Lf in front of Rf, Touch Rf to R Side
- 5,6 Cross Rf to L diagonal (facing 4.30), 1/2 Turn L finishing with weight on Lf
- 7,8 ½ Turn L as you Step Rf back sweeping Lf Front to Back, Hold

[41-48] □ Cross Behind, Step Diagonal, Heel Heel, Step Back, Together, Walk x3, Step Kick on Relevé

- 1,2 Cross Lf behind Rf, Step Rf Fwd as you 1/4 Turn R (facing 7.30)
- &3&4 Step L Heel Fwd, Step R Heel Fwd (splitting weight between both Heels), Step Lf Back, Step Rf next to Lf
- 5,6 Step Lf Fwd, Step Rf Fwd
- 7,8 Step Lf Fwd, Rise on to the ball of Lf as you Kick Rf Fwd

Restart: happens after count 48 on wall 2, - 1/8th turn square up to wall 3

Bridge: happens after count 48 on wall 5 then after the Bridge you continue with count 49-64

[49-56] □ Rock, Recover, Step Back, ½ Turn Step, Hitch, Side Shuffle

- 1,2 Rock Rf to R Fwd, Recover

3,4 Step Rf Back, Step Lf Fwd as you ½ Turn L (facing 1.30)  
5,6 Hitch R knee as you square up to 12.00  
7,8 Step Rf to R Side, Step Lf beside Rf, Step Rf to R Side

**[57-64] □Jazz Box ¼ Turn, Side Touch, Elvis Walks**

1,2 Cross Lf In front of Rf, Step Rf back as you ¼ Turn L (facing 9.00)  
3&4 Step Lf to L Side, Touch Rf next to Rf  
5,6,7,8 Step Rf to R Side as you invert R knee in, Step Lf to L Side as you invert L Knee in, Step Rf to R Side as you invert R knee in, Step Lf to L Side as you invert L Knee in

**Begin Again**

**Bridge : on Wall 5 after count 48□**

1,2 Step Rf Fwd, Hold  
3&4 Push R Shoulder Fwd, Push L Shoulder Fwd, Push R Shoulder Fwd as you drag Lf into Rf finishing with weight on Lf

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**Last Update - 19th May 2016**

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