

It Feels Good 22

Count: 32

Wall: 4

Level: Beginner

Choreographer: Lidia Landon Michael (USA) - September 2022

Music: It Feels Good - Drake White



Intro: hold 24 Counts. Dance starts with Vocals

Section 1: WALK R/L/R, TOUCH L, STEP SIDE R, BEHIND L, SIDE R, TOUCH L

- 1-2 Walk forward R/L
- 3-4 Walk forward R, touch L next to R
- 5-6 Step side L, Step L behind R
- 7-8 Step side L, touch R next to L

OPTION: counts 5-8 Can be done turning to the left

Section 2: STEP SIDE L, BEHIND R, SIDE L, TOUCH R, WALK BACK L/R/L TOUCH

- 1-2 Step side R, Step L behind R
- 3-4 Step side R, Touch L
- 5-6 Walk back L/R
- 7-8 Walk back L, touch R

OPTION: counts 1-4 Can be done turning to the right

SECTION 3: DOUBLE HIP R/ DOUBLE HIP L/ ROLL HIPS FRONT, BACK, FRONT, BACK

- 1-2 Step forward R with double hip bump R
- 3-4 Step forward L with double hip bump L
- 5-6 Step forward R with hip roll front to R, hip roll back to L
- 7-8 continue hip roll front R, hip roll back L

SECTION 4: HEEL, TOGETHER, HEEL, TOGETHER, HEELS R/L/R ¼ TURN, BRUSH BACK

- 1-2 R heel jack to front R corner (1:30), step together R
- 3-4 L heel jack to front L corner (10:30), step together L
- 5-6 [5&] R heel jack front, step together R [6&] L heel jack front, step together L
- 7-8 [7] ¼ turn to 9:00: R heel jack front [8] brush r foot back