

# Feels Good

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Brendan Simoens (USA) - July 2024

Music: Feels Good - O.N.E The Duo



Intro: 16 counts approx. 10 seconds

NO TAGS, 1 Restart

**[1 - 8] Walk, walk, ball heel & cross, rock & cross hitch slide, behind ¼**

- 1,2 Step R forward (1), step L forward (2)  
&3&4 Step R ball to back R diagonal (&), touch L heel to L diagonal (3), step L next to R (&), cross R over L (4)  
5&6& Rock L to L side (5), recover onto R (&), cross L over R (6), slightly hitch R next to L (&)  
7,8& Big step R to R dragging L (7), cross L behind R (8), ¼ R stepping R forward (&) 3:00

**[9 - 16] Body roll, recover, ball kick & sit, bump touches, ½ sweeping hitch**

- 1,2& Rock L forward starting body roll from head (1), recover onto R (2), step L next to R (&)  
3&4 Low kick R forward raising on ball of left foot (3), step R back opening body up to R diagonal (&), touch L forward with knee popped sitting into R hip (4)  
5,6 Shift weight to L lifting R heel slightly rolling forward (5), sit back into R hip popping L knee (6)  
7,8 Recover onto L slowly sweeping R forward starting ½ L (7), ½ L turning R sweep into a smooth hitch (8) 9:00

Restart will occur here on wall 4 starting at 9:00 restarting onto 6:00

**[17 - 24] Rock, recover, cross & cross, hip bumps, rock & flick**

- 1,2 Rock R to R lifting L toes slightly angled towards 7:30 (1), recover onto L (opt. slightly flick R back) (2)  
3&4 Cross R over L (3), step L to L (&), cross R over L (4)  
5,6 Rock L into L diagonal pushing hips forward (5), push hips back shifting weight to R (6) 7:30  
7&8 Push hips forward shifting weight to left (7), push hips back shifting weight to R dragging L to R (&), step L next to R flicking R back (8)

**[25 - 32] Syncopated jazz box, touch, sailor forward, ½ sailor heel ball (Walk)**

- 1,2& Cross R over L squaring up to 9:00 (1), step L back (2), step to R to R side (&) 9:00  
3,4 Cross L over R (3), touch R to R diagonal with R knee popped (4)  
5&6 Cross L behind R (5), step L to L side (&), step R forward (6)  
7&8& ¼ turn L crossing L behind R (7), ¼ turn L stepping R back (&), touch L heel forward (8), step L next to R (&) 3:00

**ALWAYS BE UNAPOLOGETICALLY YOU!!!**

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