

# Feel Good

Count: 32

Wall: 2

Level: Newcomer / Novice ECS

Choreographer: Tanja Frei (DE) - April 2011

Music: Rock Bottom Blues - Kid Rock



**Start after 32 counts / 2 Restarts (in Wall 4 & 8)**

**[1-8] Side Shuffle right, Back Rock, Side Shuffle left, Back Rock with ¼ turn right**

- 1&2 Side shuffle right (stepping right, left, right)
- 3-4 Rock back on left, recover onto right
- 5&6 Side shuffle left (stepping left, right, left)
- 7-8 Rock back on right with turning 1/4 to right, recover onto left (3:00)

**[9-16] 3x Heel Switches, Hold, 3x Heel Switches, Hold**

- 1&2 touch right heel forward, step right next to left, touch left heel forward
- &3-4 step left next to right, touch right heel forward ,hold
- &5&6 step right next to left, touch left heel forward, step left next to right, touch right heel forward,
- &7-8 step right next to left, left heel forward, hold

**RESTART: Here in walls 4 & 8.**

**[17- 24] Shuffle right, Full Turn, Shuffle left, Step right , ½ Turn left**

- &1&2 step left next to right, shuffle right forward (stepping right, left, right)
- 3-4 left step back with turning 1/2 to right, right step forward with turning 1/2 to right
- 5-6 shuffle left forward (stepping left, right, left)
- 7-8 step right forward, turn 1/2 to left

**[25-32] Shuffle right, Rock Step, Sailor Step with ¼ turn left, Kickball Step**

- 1&2 shuffle right forward (stepping right, left, right)
- 3-4 Rock left forward, recover onto right
- 5&6 Step left behind right with turning ¼ left, step left next to right, step right slightly side
- 7&8 kick right forward, step right next left, step left slightly forward

**Start again and have fun !!**

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