

It Feels Good

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Don Pascual (FR) - March 2022

Musique: It Feels Good - Drake White



Start on lyrics

Section 1: R (Toe-Heel, Toe-heel-cross), L (Toe-Heel, Toe-heel-cross)

- 1-2 R toe beside L (R knee inward), R heel forward (R diagonal)
3&4 R toe beside L (R knee inward), R heel forward (R diagonal) , cross R over L
5-6 L toe beside R (L knee inward), L heel forward (L diagonal)
7&8 L toe beside R (L knee inward), L heel forward (L diagonal) , cross L over R

Style:

Counts 1 to 4: swivel your L foot in place to the right and to the left

Counts 5 to 8: swivel your R foot in place to the left and to the right

Section 2: Syncopated R & L rock forward, syncopated R & L side points

- 1-2 Step R forward, recover onto L
&3-4 R beside L (weight on R), step L forward, recover onto R
&5-6 L beside R (weight on L), point R toe to R side, hold
&7-8 R beside L (weight on R), point L toe to L side, hold

Style:

Counts 5-6: Turn your head right

Counts 7-8: Turn your head left

Restart: Wall 3 facing 6h00, add a count & at the end of section 2:

& bring L beside R (weight on L)

and restart the dance.

Section 3: Cross R over L, hold, L 1/4 T & cross L over R, hold, syncopated jumps RL backward (out & in)

- &1-2 L beside R (weight on L), cross R over L, hold
&3-4 L 1/4 T & R beside L (weight on R), cross L over R, hold
&5&6 Backward: Little syncopated jump RL (ending feet at shoulder width), little syncopated jump RL (ending feet together)
&7&8 Repeat counts &5&6

Section 4: Syncopated R side jump, hold + snap, L 1/4 T & syncopated jump LR forward, hold + snap, 1/4 Turn L & syncopated jump RL in place, hold, little jumps in place making a R 1/2 T

- &1-2 Syncopated R side jump RL (ending weight on R, L toe beside R), hold + snap
&3-4 L 1/4 T & syncopated jump LR forward (ending weight on L, R toe behind L), hold + snap
&5-6 L 1/4 T & syncopated jump in place RL (moving back your R foot and moving forward your L foot, doing a lunge as if you were fencing), hold
7&8 Making a R 1/2 T: 3 little jumps in place, gathering and stretching progressively your legs

Style:

Counts &5-6: Your legs are bent

Counts 7&8: Stretch your legs progressively

Final: Counts 7&8 of section 4, make a R 3/4 T instead of a R 1/2 T

Contact: countryscal@gmail.com