

If It Feels Good, Dance

Compte: 40

Mur: 4

Niveau: Improver

Chorégraphe: Daniel Exton (UK) - August 2022

Musique: You Make Me Feel Like Dancing - Leo Sayer



S1: Out, Out, Coaster Step, Out, Out, Coaster Step

- 1, 2 Right foot out, Left Foot Out
- 3 & 4 Right foot back, Left foot next to Right, Right foot forward
- 5, 6 Left foot out, Right foot out
- 7 & 8 Left foot back, Right foot next to Left, Left foot forward

S2: Chasse Right, Rock, Chasse Left, Rock with 1/4 turn

- 1 & 2 Right foot to Right side, Left foot next to right, Right foot to Right side
- 3, 4 Cross rock Left behind Right, Recover onto Right
- 5 & 6 Left foot to Left side, Right foot next to Left, Left foot to Left side
- 7, 8 Cross rock Right behind Left, whilst recovering onto Left, turn 1/4 Right

S3: Walk, Walk, Shuffle, Walk, Walk, Mambo Step

- 1, 2 Right foot forward, Left foot forward
- 3 & 4 Right foot forward, Left foot behind Right, Right foot forward
- 5, 6 Left foot forward, Right foot forward
- 7 & 8 Left foot forward, Right foot next to Left, Left foot back

S4: Point, Back, Point, Back, Point, Back, Coaster Step

- 1, 2 Point Right to Right side, Right foot back
- 3, 4 Point Left to Left side, Left foot back
- 5, 6 Point Right to Right side, Right foot back
- 7 & 8 Left foot back, Right foot next to Left, Left foot forward

S5: Grapevine, Touch, Return, Chasse

- 1, 2, 3, 4 Right foot to Right side, Left foot behind Right, Right foot to Right side, Left foot touch next to Right
- 5 Touch Left foot to Left side
- 6 Return Left foot next to Right
- 7 & 8 Left foot to Left side, Right foot next to Left, Left foot to Left side

* RESTARTS:-

- Wall 5 after 32 counts

- Wall 7 after 16 counts