

Compte: 32 Mur: 4 Niveau: Intermediate

Chorégraphe: Michael G. McKenzie

Musique: It's All About Feeling Good - Paula Abdul



## WALK FORWARD RIGHT, LEFT; RIGHT TOUCH; STEP RIGHT WITH LEFT KNEE POP (&LEFT DIAGONAL); SLIDE LEFT BACKWARD ON DIAGONAL, BENDING RIGHT KNEE, OPTIONAL ARM MOVEMENTS; ½ TURN LEFT ON DIAGONAL; RIGHT TOUCH; RIGHT KICK FORWARD

1-2 Walk forward right, left3 Touch right next to left

&4 Step right next to left, popping left knee toward left diagonal

5 Slide left backward on diagonal while bending right knee, bring right forearm with clinched fist

in front of chest and parallel to floor

#### Easy: touch left toe behind right without bending knee, optional arm movement

6 On ball of left make ½ turn left (on diagonal), transferring weight to left and straightening bent

knee

7-8 Tap right next to left; low right kick forward

## STEP ON RIGHT; ½ RIGHT TURN ON DIAGONAL WITH LOW LEFT HITCH; LEFT TOE STRUT; TAP RIGHT NEXT TO LEFT; LARGE STEP RIGHT; DRAG AND STEP LEFT BEHIND RIGHT; HOLD

1 Step on right

2 On ball of right make ½ turn right (on diagonal) with low left hitch

3-4 Left toe strut

Tap right next to left; take large step right squaring up to 9:00 wall

6 Drag left behind right, stepping on left

7-8 Cross right over left; hold

### STEP TO LEFT; CROSS RIGHT OVER LEFT; HOLD (CLAP); LEFT TOE STRUT WITH 1/4 TURN; RIGHT TOE STRUT; LEFT TOE STRUT WITH 1/2 TURN LEFT

&1-2 Step slightly to left; cross right over left; clap (hold)

3-4 Left toe strut, making 1/4 turn left

5-6 Right toe strut forward

7-8 Left toe strut, making ½ turn left

Variation: replace toe struts with hip bumps whenever you feel like it

# RIGHT FORWARD ON DIAGONAL; TOUCH LEFT BEHIND RIGHT; RIGHT BESIDE LEFT; LEFT FORWARD ON DIAGONAL; TOUCH RIGHT; RIGHT - LEFT HEEL SWITCHES; STEP LEFT; RIGHT TOUCH; RIGHT KNEEL ROLL WITH ½ TURN

1-2 Step forward on right diagonal; touch left behind right

Step right next to left; step forward on left diagonal; touch right next to left

Touch right heel forward; step right next to left; touch left heel forward

Step left next to right; touch right next to left
Roll right knee outward, making ¼ turn right

Keep weight on left and start again

#### **REPEAT**