

# Feeling Good

Compte: 44

Mur: 4

Niveau: Intermediate

Chorégraphe: Michael Vera-Lobos (AUS)

Musique: Feeling Good - Michelle McManus



## **SIDE STEP/Drag, CROSS ROCK & REPLACE, STEP SIDE, CROSS & ¼ LEFT, ½ LEFT, STEP FORWARD**

- & ½ pivot left, step forward, ¼ right & ½ right, cross
- 1-2&3 Large step left to left dragging right towards left, cross rock right over left & replace weight on left, step right to right (12:00)
- 4&5 Cross left over right & turn ¼ left stepping back on right, turn ½ left stepping onto left (3:00)
- 6&7 Step forward right, pivot turn ½ left, step forward right (9:00)
- 8&1 Turn ¼ right stepping left to left side, turn a further ½ right stepping right to right side, cross/step left over right (6:00)

## **SIDE ROCK CROSS, BALL CROSS, SIDE ROCK CROSS, ¼ LEFT, ½ LEFT**

- 2&3&4 Rock right to right & replace weight left, cross right over left & step left to left, cross right over left (6:00)
- 5&6 Rock left to left & replace weight on right, cross left over right
- 7-8 Turn ¼ left stepping back on right, turn ½ left stepping onto left & slightly hitch right (lead into next section) (9:00)

## **CROSS SAMBA FORWARD, CROSS & ¼ LEFT, ½ LEFT, CROSS SAMBA FORWARD, CROSS & ¼ LEFT, ½ LEFT**

- 1&2 Travel forward - cross right over left & rock left to left, replace weight on right
- 3&4 Cross left over right & turn ¼ left stepping back on right, turn ½ left stepping onto left (12:00)
- 5&6 Travel forward - cross right over left & rock left to left, replace weight on right
- 7&8 Cross left over right & turn ¼ left stepping back on right, turn ½ left stepping onto left (3:00)

## **ROCK FORWARD, REPLACE & ½ ROCK FORWARD, REPLACE & ¼ LEFT, STEP FORWARD RIGHT, ½ PIVOT LEFT, 1 & ½ TRIPLE BACK RIGHT**

- 1-2& Rock forward right, rock back on left & turn ½ right stepping right beside left (9:00)
- 3-4& Rock forward left, rock back on right & turn ¼ left stepping left beside right (6:00)
- 5-6 Step forward right, pivot ½ left (right heel should be off floor) (12:00)
- 7&8 Turning back triple spin 1 ½ right stepping right, left, right (6:00)

## **SWAY HIPS LEFT, RIGHT, LARGE STEP LEFT, TAP BEHIND (CLICK)**

- 1-4 Sway hips left, right, take a large step left to left dragging right towards left, tap right toe behind left while rolling right hand to the right into a click (6:00) (weight on left)

## **¼ WALK, CROSS WALK, STEP FORWARD & ½ PIVOT, STEP FORWARD, FULL TRIPLE FORWARD LEFT, STEP FORWARD, ½ SWEEP**

- 1-2-3&4 Turning ¼ right step onto right, step left forward slightly across right, step forward right & pivot ½ left, step forward right (3:00)
- 5&6 Full triple forward over left stepping left, right, left (3:00)
- 7-8 Step forward right, turning ½ right sweep left to left side (9:00)

## **REPEAT**

## **RESTART**

On wall 3, dance to count 40. Start again facing 9:00 wall

On wall 4 dance to count 36. Hold to hear click in music. Continue dance to face back wall and add hip sway left, right. Start again with vocals

## TO FINISH

Dance to count 42 then step forward right & turn to the front sweeping left to left, sway hips left, right click right hand

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