

Feels So Good!

Compte: 96

Mur: 2

Niveau: Phrased Intermediate



Chorégraphe: Amy Christian (USA)

Musique: It Feels so Good - Sonique

Sequence: ABCC ABBCC ACCCCCC

1st Place for Choreography at Dancefantasia, June 2005.

PART A

FEET APART, SLOW HAND MOVEMENTS

- 1 Step right foot to right side, bending right knee diagonally forward
- 2-4 Look at right hand as it goes slowly in front & out to right side (3:00)
- 5-8 Right foot slowly goes back next to left foot, weight still on left foot, as right hand goes to the middle of your waist, place right palm across left palm, palms open
- 1-8 Feet stay put, with weight on left foot & right foot touching next to left foot, slowly bring both hands down & then out to the sides. Left hand, fingers pointing at 9:00 & right hand, fingers pointing at 3:00. Palms facing upwards
- 1-8 Step right foot to right side, bending right knee diagonally forward, body leans right, looking at left hand, upper body turns left, leave left hand out at left side, but turn palm facing 9:00, bring right hand down, then bring right hand inwards, past your left hip, bending elbow, then upwards, past your face, right palm facing 9:00, right hand should be above your head, (making $\frac{3}{4}$ of a circle) right hand elbow slightly bent
- 1-4 Still looking left, transfer weight to left foot, touch right foot next to left foot, body straightens up, left hand stays at left side, bring right hand downwards to the same direction as left hand, right elbow bent, both palms facing left.(9:00)
- 5-8 Slowly swing both arms downwards & then upwards to the right. Look right. Now left hand elbow is bent & right hand is straight, both palms facing right.(3:00)

On the 3rd time at Part A, replace the last 4 counts with bumps or sway, to fit in better with music, to go into Part C. Otherwise, just leave it. It still works.

PART B

TOE STRUTS FORWARD, WALK FORWARD

- 1-4 Right toe strut, left toe strut
- 5-8 Walk forward, right, left, right, left.(option - on counts 6 & 8, bend knees, limping slightly)

TOE STRUTS BACKWARD, WALK BACKWARDS

- 1-4 Right toe strut backwards, left toe strut backwards
- 5-8 Walk backwards, right, left, right, left.(option - on counts 6 & 8, bend knees, limping slightly)

$\frac{1}{4}$ MONTEREY TURN TWICE

- 1 Touch right toe to right side, left hand elbow bent, hand in a fist, at chin level, right hand in a fist, pointing down
- 2 $\frac{1}{4}$ turn right stepping right foot next to left, (both hands still in a fist moves to waist level)
- 3 Point left foot to left side, (exchange hand positions, now right hand is up at chin level & left hand is down)
- 4 Step left foot next to right, (both hands at waist level)
- 5-8 Repeat steps 1-4

HIP ROLL, BUMPS

- 1-4 Roll hips a full circle from left backwards, anti to the right

5-8 Bump right, left, right, left. (or sway)

PART C

¼ TURN, HITCH, ¼ TURN, TOUCH, STEP BACK, TAP, STEP FORWARD, TOUCH

- 1-4 ¼ turn left stepping back on right foot, hitch left foot, ¼ turn right stepping down on left foot, touch right toe next to left foot
- 5 Take a big step back on right foot, hands in a fist, pull back right hand, like a bow & arrow action
- 6-7 Tap left foot on the spot in front, step down, forward on left foot
- 8 Touch right foot next to left foot bringing right fist forward, touching left fist

STEP RIGHT, BODY ROLL RIGHT, DOWN & SIT, HOLD FOR 3 COUNTS

- 1-3 Step right foot to right side, do a very slow body roll to the right
- 4-5 Go downward slowly, sitting on right hip, right knee bent diagonally forward, left knee pointing at 9:00, upper body facing 12:00
- 6-8 Hold that pose for 3 counts

¼ TURN, KICK, COASTER STEP, KICK, ¼ TURN KICK, COASTER STEP

- 1-2 ¼ turn left stepping down on left foot, kick right foot forward
- 3&4 Right coaster step
- 5-6 Kick left foot forward, kick left foot making a ¼ turn left
- 7&8 Left coaster step

SIDE ROCK CROSSES, BUMPS

- 1&2 Step right foot to right side, recover on left foot & cross right foot over left foot
- 3&4 Step left foot to left side, recover on right foot & cross left foot over right foot
- 5-8 Bump right, left, right, left (or sway)

ENDING

The dance ends with the bumps facing the back wall, so bump right, left, right & twist upper body right, facing front wall, knees bent & place both hands at sides with palms open & hold that pose.
