

Feels Good

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Peter Jones (UK) & Anna Lockwood (UK) - October 2015
音乐: It Feels Good - Drake White : (Single - iTunes)



Starts 24 counts in on vocals

S1. Walk R, L, Side Rock, Cross, Back, Side, Cross Shuffle

1-2 Walk Forward R, L.
&3-4 Rock R To R Side, Recover On L, Cross R Over L.
5-6 Step Back On L, Step R To R Side.
7&8 Cross L Over R, Step R To R Side, Cross L Over R.

S2. Turn ¼, ¼, Recover, Sailor, Heel Switches, Together, Cross, Side.

1-2-3 Step ¼ L Stepping Back On R, Step ¼ L Stepping L To L Side, Recover Weight On R.
4&5 Step L Behind R, Step R To R Side, Touch L Heel Forward.
&6& Step L Next To R, Touch R Heel Forward, Step R Next To L.
7-8 Cross L Over R, Step R To R Side.

S3. Together, Cross, Turn ¼, Shuffle ½ Turn, Forward L, Touch R, Hold, Back R, Touch L. Hold.

&1-2 Step L Next To R, Cross R Over L, Turn ¼ R Stepping Back On L.
3&4 Turn ½ R Stepping Forward On R, Step L Next To R, Step Forward On R.
&5-6 Jump Forward On L, Touch R Next To L, Hold (Clap).
&7-8 Jump Back On R, Touch L Next To R, Hold (Clap).

S4. Back & Touch x 4, Step, Heel & Toe x 2, Step.

&1&2 Step Back on L, Touch R Next To L, Step Back on R, Touch L Next To R.
&3&4& Step Back on L, Touch R Next To L, Step Back on R, Touch L Next To R, Step On L.
5&6& Touch R Heel Forward, Step R Next To L, Touch L Toe Next To R, Step L Next To R.
7&8& Touch R Heel Forward, Step R Next To L, Touch L Toe Next To R, Step L Next To R.

Restart Here On Wall 3 Facing 3:00

S5. Step, Lock & Step, Lock, & Step ½ Turn, Shuffle forward.

1-2& Step Forward on R, Step L Behind R, Step Forward On R.
3-4& Step Forward on L, Step R Behind L, Step Forward On L.
5-6 Step Forward On R, Pivot ½ L On L.
7&8 Step Forward On R, Step L Next To R, Step Forward On R.

S6. Step, Lock & Step, Lock, & Step ½ Turn, Walk Forward L, R.

1-2& Step Forward on L, Step R Behind L, Step Forward On L.
3-4& Step Forward on R, Step L Behind R, Step Forward On R.
5-6 Step Forward On L, Pivot ½ R On R.
7-8 Step Forward On L, Step Forward On R.

(Alternative For Counts 7-8, 2 x Step Full Turn R)

S7. Forward Rock, Coaster Step, Forward Rock Sailor ¼ R.

1-2 Rock Forward On L, Recover Weight On R.
3&4 Step Back On L, Step R Next To L, Step Forward On L.
5-6 Rock Forward On R, Recover Weight On L.
7&8 Turn ¼ R Stepping R Behind L, Step L To L Side, Step R To R Side.

(Alternative For Counts 3&4. Triple ¼ Turn L.)

(Alternative For Counts 7&8. Triple 1 ¼ Turn R)

S8. Syncopated Forward Rocks, Shuffle Back, Coaster Step.

- 1-2 Rock Forward On L, Recover On R.
&3-4 Step L Next To R, Rock Forward On R, Recover On L.
5&6 Step Back On R, Step L Next To R, Step Back On R.
7&8 Step Back On L, Step R Next To L, Step Forward On L.

TAG: 16 Count Tag Here At The End Of Wall 1 Facing 6:00

Walk R, L, Shuffle Forward, Rock, Shuffle ½ L.

- 1-2-3&4 Walk Forward R, L, Step Forward On R, Step L Next To R, Step Forward On R.
5-6-7&8 Rock Forward On L, Recover Weight On R, Turn ½ L Stepping Forward On L, Step R Next
 To L, Step Forward On L.

REPEAT THIS 8 COUNTS
