

It Feels Good

拍数: 32 墙数: 4 级数: Novice
编舞者: Lucie Incardona (FR) & Martine Nageotte (FR) - 2016
音乐: It Feels Good - Drake White : (iTunes)



Choreography written by Lucie (14 years) for the preparation of Master's Teams season 2016.2017

For the club "West Dance Story" (03 Biozat) modified for category Show
One thank you to Gueric Auville for his help on the translation of texts in English

Intro: 16 counts

[1-8] SYNCOPATED WEAVE R, R SAILOR, CROSS SHUFFLE

1-2 Step R to R, left cross behind right
&3 4 Step R to R, Cross LF over R, step R to R
5&6 L sailor step (12:00)
7&8 Cross R over L, step L to left side, Cross R over L, (diagonal G)

[9-16] TOE STRUT L R, SIDE ROCK, BEHIND SIDE CROSS

1-2 Step left toe forward, drop heel,
3-4 Step left toe side, drop heel
5-6 Step L to L, recover to R (12:00)
7&8 Step L, behind R, step L to L Cross R over L

*Restart (6:00)

[17-24] ROCK STEP R, TRIPLE ½ TURN R, ROCK STEP L, COASTER STEP

1-2 Rock right foot forward, recover weight on to Left
3&4 Triple ½ turn right stepping right, left, right (6 :00)
5-6 Rock left foot forward, recover weight on to right
7&8 Step left foot back, close right beside left, step forward left

[25-32] STEP TURN 1/2, STEP TURN 1/4, FORWARD TOUCH + CLAP

1-2 Step forward on R. pivot ½ turn left. (12:00)
3-4 Step forward on R. pivot ¼ turn left. (9:00) PDC sur G
5-6 Step RF forward, touch LF next to right and clap hands
7-8 Step LF forward, touch RF next to left and clap hands

*Restart during 3ème wall after 16 counts, face to (6 :00)

Final : at the end of the dance, to make a quater of tour on the touch last one end at 12 :00

Begin again with the smile!!!

Plug prepared, translated and formatting by Martine Nageotte

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