

Feel Good

拍数: 52 墙数: 4 级数: Phrased Improver
编舞者: Lee Hamilton (SCO) - October 2018
音乐: Feel Good - Jordan Smith : (iTunes)



PART A: 32 counts

Section A1 [1-8] Walk RL, R Mambo Fwd, Walk Back LR, L Coaster Step

12 Step R Fwd (1), Step L Fwd (2), 12:00
3&4 Rock R Fwd (3), Recover onto L (&), Step R Back (4), 12:00
56 Step L Back and Grind R Heel (angling R Toe to R Diagonal) (5), Step R Back and Grind L Heel (angling L Toe to L Diagonal) (6), 12:00
7&8 Step L Back (7), Close R beside L (&) Step L Fwd (8), 12:00

Section A2 [9-16] Kick & Touch, 1/4 Kick & Touch, Forward Heels - Back Steps x2

1&2 Kick R Fwd (1), Step R to R Side (&), Touch L Toe behind R Heel (2), 12:00
3&4 Make a 1/4 R by Kicking L Fwd (3), Step L to L Side (&), Touch R Toe behind L Heel (4), 3:00
5&6& Step Fwd on R Heel (5), Step Fwd on L Heel (&), Step Back on R Foot (6), Step Back on L Foot (&), 3:00
7&8& Step Fwd on R Heel (7), Step Fwd on L Heel (&), Step Back on R Foot (8), Step Back on L Foot (&), 3:00

Section A3 [17-24] Lock Step R, Heel Bounce, Lock Step L, Heel Bounce

12&3 Step R Foot to R Diagonal (1), Lock L behind R (2), Step R Fwd (&), Close L beside R and angle body to L Diagonal (3), 3:00
&4 Raise both Heels (&), Lower both Heels (4), 3:00
56&7 Step L Foot to L Diagonal (5), Lock R behind L (6), Step L Fwd (&), Close R beside L and angle body to R Diagonal (7), 3:00
&8 Raise both Heels (&), Lower both Heels (8), 3:00

Section A4 [25-32] R Rock & Cross, L Rock & Cross, 1/2 Pivot L x2

1&2 Rock R to R Side (1), Recover onto L (&), Cross R over L (2), 3:00
3&4 Rock L to L Side (3), Recover onto L (&), Cross L over R (4), 3:00
56 Step R Fwd (5), Make a 1/2 L by moving weight to L foot (6), 9:00
78 Step R Fwd (7), Make a 1/2 L by moving weight to L foot (8), 3:00

PART B: 20 counts

Section B1 [1-8] Walk Fwd RL, Hip Bump Fwd x2, 1/2 Hip Bump x2, R Kick Ball Step

12 Step R Fwd (1), Step L Fwd (2)
3&4 Bump R Hip Fwd (3), Recover onto L (&), Bump R Hip Fwd (4)
5&6 Make a 1/2 L by Bumping L Hip Fwd (5), Recover onto R (&), Bump L Fwd (6)
7&8 Kick R Fwd (7), Close R beside L (&), Step L Fwd (8)

Section B2 [9-16] REPEAT SECTION 1

Section B3 [17-20] Syncopated Jazz with Point

12 Cross R over L (1), Step L Back (2)
&34 Step R to R Side (&), Cross L over R (3), Point R Toe to R Side (4)

TAG

Section 1 [1-8] 1/2 Pivot L x2, Jazzbox

12 Step R Fwd (1), Make a 1/2 L by moving weight to L foot (2)
34 Step R Fwd (3), Make a 1/2 L by moving weight to L foot (4)

56 Cross R over L (5), Step L Back (6)
78 Step R to R Side (7), Step L fwd (8)

Section 2 [9-12] R Rocking Chair with Flick

12 Rock R Fwd (1), Recover onto L (2)
34 Rock R Back (3), Recover onto L and Flick R Heel up

SEQUENCE: A - B - A - A - B - A - A - B - TAG - A - A

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