How Good I Feel!

拍数: 32 **墙数:** 2 **级数:** High Beginner
编舞者: Tess Duke - January 2019
音乐: But I Feel Good - Groove Armada

This is the recommended and shortest version at 3:05.
It is easy to download to your computer, and then copy to your desktop.
Simply open and play on your preferred playlist.
This l-o-n-g explanation represents countless hours of searching to find a shorter version elsewhere.
But, the music is worth it!

Alternate music: Don't Stop Believin' by Journey (119 bpm)

Intro: 32 counts (both songs)

NOTE: Start the dance 1 beat after the 3rd time the singer says "Good!" during the intro.
This is when the music starts.

S1] (1-8) CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE

1, 2	Cross left over right, rock, recover right
3 & 4	Chasse to the left
5, 6	Cross right over left, rock, recover left
7 & 8	Chasse to the right

S2] (9-16) CROSS ROCK, RECOVER, ¼ TURN LEFT CHASSE, PIVOT ¼ LEFT, CROSS SHUFFLE

1, 2	Cross left over right, rock, recover right
3 & 4	Chasse to the left, turning ¼ left (9:00)
5, 6	Step forward right, pivot ¼ turn left (6:00)
7 & 8	Cross Shuffle, (right over left, ball left, step right)

S3] (17-24) ROCK, RECOVER, TRIPLE ½ TURN LEFT, ROCK RECOVER, TRIPLE ½ TURN RIGHT

1, 2	Rock forward left, recover right
3 & 4	Triple step, (L-R-L), turning ½ turn left
5, 6	Rock forward right, recover left
7 & 8	Triple step (R-L-R), turning ½ turn right

*** Easy Option: Forward rock recover, shuffle back, back rock recover shuffle forward**

S4] (25-32) ½ PIVOT 2x, STEP LEFT, STEP RIGHT, DOWN, DOWN, UP, UP

1, 2	Step forward left, pivot ½ turn right, shifting weight to the right foot (12:00)
3, 4	Step forward left, pivot ½ turn right (6:00)
5, 6	Step forward left, step forward right, popping left knee out.
& 7 & 8	Drop right shoulder down, left shoulder down, bending knees, and then right shoulder up, left shoulder up straightening knees, (do your own level of sassy here!)

***Easy Option: 1-4 LEFT ROCKING CHAIR: Left rock forward, recover right, left rock back, recover right**
***& 7 & 8: Alternate shimmies for the down, down, up, up, if desired.**

HAVE FUN!