Feel Good

拍数: 32 **墙数:** 4 **级数:** Improver
编舞者: Ray Metz (USA) - May 2021
音乐: Feel Good (Dave Audé Remix) - Chrissy Metz & Dave Audé

Intro: 16 counts (start on lyrics)

S1: LEFT VINE JACK, WIDE SIDE, TOGETHER, TOE, HEEL, STEP 1/4 RIGHT

1,2	step LF to left (1), step RF behind LF (2),
&3	step LF to left (&), touch R HEEL to right diagonal (3),
&4	step RF next to LF (&), cross LF over RF (4),
5,6	step RF wide to right (5), step LF next to RF (6),
7&8	touch R TOE next to LF (7), touch R HEEL next to LF (&), step RF 1/4 right (8),

S2: 1/2 PIVOT RIGHT, SHUFFLE, PADDLE 1/8 LEFT (X3), STEP 1/8 LEFT

1,2	step LF forward (1), turn 1/2 right and step on RF (2),
3&4	step LF forward (3), Step RF next to LF (&), step LF forward (4),
5,6,7	press RF to side and turn 1/8 left on ball of LF (5), repeat (6), repeat (7),
8	step on RF while turning 1/8 left (8)

S3: WIZARD STEPS (X2), WALK (X2), MAMBO 1/4 LEFT

1,2&	step LF forward (1), step RF behind LF (2), step LF forward (&),
3,4&	step RF forward (3), step LF behind RF (4), step RF forward (&),
5,6	step LF forward, step RF forward,
7&8	press LF forward (7), recover weight to RF (&), turn 1/4 left and step on LF (8),

S4: CROSS 1/4 LEFT (X2), SHUFFLE 1/4 LEFT BACK, STEP LEFT, PARTIAL SWIVET

1,2	cross RF over LF while turning 1/4 left (1), cross LF in front of RF while turning 1/4 left (2),
3&4	step RF back turning 1/4 left (3), step LF next to RF (&), step RF back (4),
5	step LF to left (5),
6,7,8	swivel feet to right while lifting L HEEL and R TOE (6), return weight to both feet in neutral position (7),
	swivel feet to left while lifting L TOE and R HEEL and CLAP (8),

REPEAT

TAG: at END of WALL 8 facing 12:00, add 4 COUNT SWIVET

1	return weight to both feet in neutral position (1),
2	swivel feet to right while lifting L HEEL and R TOE (2),
3	return weight to both feet in neutral position (3),
4	swivel feet to left while lifting L TOE and R HEEL and CLAP (4),

END of DANCE: on WALL 10 after step 4 of Section 2 replace steps 5-8 as follows:
PADDLE 1/8 LEFT, STEP 1/8 LEFT, TOE BEHIND, UNWIND 3/4 to FRONT

5	press RF to side and turn 1/8 left on ball of LF (5),
6	step on RF while turning 1/8 left (6)
7	touch L TOE behind RF (7)
8	unwind 3/4 to face front, lifting arms up and out with a feel good smile!

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