If It Feels Good

拍数: 32 **墙数:** 4 **级数:** High Beginner

编舞者: Ivy DeChant (USA) - 13 August 2021

音乐: If It Feels Good (Then It Must Be) - Leon Bridges

Dance starts on lyrics, Live from the funk - No Tags or Restarts

S1: KICK, KICK, COASTER, ROCK-RECOVER, ½ SHUFFLE

1-2	R Kick forward, R kick forward
3&4	R Step back, L together, R forward
5-6	L Rock forward, recover R
7&8	½ Shuffle turn to the L

S2: ROCK-RECOVER, CROSS SHUFFLE, ¼ ROCK-RECOVER, COASTER

1-2	R Side rock, recover L
3&4	R Cross over L, step L, R cross over L
5-6	¼ L Rock forward, recover R
7-8	L Step back, R together, L forward

S3: V-STEPS, KNEE HITCHES, STEP BACK

1-4	R Step out, L step out, R step in, L step in
5-6	R Knee hitch up from front to back, R step back
7-8	L Knee hitch up from front to back, L step back

S4: ROCK-RECOVER, ½ SHUFFLE. ROCK-RECOVER, ½ SHUFFLE

1-2	R Rock back, recover L
3&4	½ Shuffle turn to the L
5-6	L Rock back, recover R
7&8	½ Shuffle turn to the R

Last Update - 16 August 2021-R2