

Feels So Good

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Jill Weiss (USA) - August 2022
音乐: Feels So Good - Keala Settle



Intro: 32 Counts

****2 super easy tags facing 6:00 after Wall 2 and facing 12:00 after Wall 6**

TWIST HEELS TOES HEELS RIGHT, KICK LEFT; TWIST HEELS TOES HEELS LEFT, KICK RIGHT

1-2-3-4 Twist both heels right (1), twist both toes right (2), twist both heels right (3) kick L to left diag (4)
5-6-7-8 Twist both heels left (1), twist both toes left (2), twist both heels left (3) kick R to right diag (4)

STEP BACK WITH KICKS 4X

1-2-3-4 Step back R, kick L forward, step back L, kick R forward
5-6-7-8 Step back R, kick L forward, step back L, kick R forward

(Optional arm/hands: push both hands up each time you kick)

BUMP BACK, BUMP FORWARD, BUMP BACK, BUMP FORWARD

1&2 Step back on R to slight right diagonal bumping twice onto right hip
3&4 Rock forward on L to slight left diagonal, bumping twice onto left hip
5&6 Rock back on R to slight right diagonal bumping twice onto right hip
7&8 Rock forward on L to slight left diagonal, bumping twice onto left hip

(Styling option: Lean back with shimmy when rocking back, lean forward with shimmy when rocking forward)

ROCK BACK, REPLACE FORWARD, TWO 1/8 PIVOT TURNS LEFT, STOMP CLAP

1-2 Rock back on R, replace weight forward to L
3-4 Step forward on R and pivot 1/8 left (weight to left) 10:30
5-6 Step forward on R, pivot 1/8 left (weight to left) 9:00
7-8 Stomp R next to L, hold and clap (weight equally on both feet ready to twist)

(On walls 10 and 11, song says clap twice – you can clap both on count 7 and 8 facing 6:00 and 3:00)

START AGAIN!

SUPER EASY TAGS:

End of Wall 2 facing 6:00 and end of Wall 6 facing 12:00

FOUR 1/8 TURNING JAZZ BOXES (TOTAL 1/2 TURN RIGHT) ENDING WITH STOMP CLAP

1-2-3-4 Cross R in front of L, step back L, turn 1/8 right stepping right, step L forward 7:30
5-6-7-8 Cross R in front of L, step back L, turn 1/8 right stepping right, step L forward 9:00
1-2-3-4 Cross R in front of L, step back L, turn 1/8 right stepping right, step L forward 10:30
5-6-7-8 Cross R in front of L, step back L, turn 1/8 right stomp right, hold and clap (weight on both feet) 12:00

(Styling option: Shimmy as you do jazzboxes!)

ENDING: Last time at 6:00 – two 1/4 turning jazz boxes right to 12:00 – end with stomp clap

1-2-3-4 Cross R in front o L, step back on L, turn 1/4 right stepping right, step L forward 9:00
5-6-7-8 Cross R in front o L, step back on L, turn 1/4 right stepping right, step L next to R 12:00
1-2 Stomp R next to L, hold and clap

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Questions, please contact Jill Weiss at jill@freespindance.com