

Feel Real Good

拍数: 32 墙数: 4 级数: Improver
编舞者: Bjarne Lund (DK)
音乐: Real Good Feel Good Song - Mel McDaniel



HEEL SHIFTS, STOMP, ¼ TURN BOUNCES, HEEL SHIFTS, FORWARD SHUFFLE

1&2& Tap right heel forward, step right beside left, tap left heel forward, step left beside right
3&4 Stomp right forward, bounce heels 1/8 turn left, bounce heels 1/8 turn left
5&6& Tap left heel forward, step left beside right, tap right heel forward, step right beside left
7&8 Step left forward, step right close beside left, step left forward

VINE WITH HEEL JACK & CROSS, ½ TURN RIGHT, CROSS SHUFFLE

9-10 Step right to right side, cross step left behind right
&11&12 Step right to right side, tap left heel diagonally forward, step left beside right, cross step right over left
13-14 Turn ¼ right stepping left back, turn ¼ right stepping right to right side
15&16 Cross step left over right, step right close to left, cross step left over right

SIDE ROCK, CROSS SHUFFLE, TOE POINTS, HEEL HOOK STEP

17-18 Rock right to right side, recover onto left
19&20 Cross step right over left, step left close to right, cross step right over left
21&22& Point left toe to left side, step left beside right, point right toe to right side, step right beside left
23&24 Tap left heel forward, hook left heel over right, step left forward

FORWARD ROCK & TURN, SHUFFLE ½ TURN, BACK ROCK, WALK FORWARD

25&26 Rock right forward, recover onto left, turn ½ right stepping right forward
27&28 Turn ¼ right stepping left to left side, step right beside left, turn ¼ right stepping left back
29-30 Rock right back, recover onto left
31-32 Walk forward right, walk forward left

Alternative: forward full turn left stepping right, left

REPEAT

TAG

Danced at the end of 2nd & 5th wall

ROCKING CHAIR

1-2-3-4 Rock right forward, recover onto left, rock right back, recover onto left