

Feelin' Good

拍数: 32 墙数: 4 级数:
编舞者: Judy McDonald (CAN)
音乐: Feelin' Good Train - Sammy Kershaw



TWIST RIGHT-HEELS, TOES, HEELS, TOES, HEELS*, BUMP HIPS RIGHT, LEFT, RIGHT, LEFT, RIGHT

1-2 With feet together, twist heels to right, twist toes to right
3&4 Twist heels to right, twist toes to right, twist heels to right
5-6 Bump hips to right, then left
7&8 Bump hips to right, then left, then right)

TWIST LEFT-HEELS, TOES, HEELS, TOES, HEELS, BUMP HIPS LEFT, RIGHT, LEFT, RIGHT, LEFT

1-2 With feet together, twist heels to left, twist toes to left
3&4 Twist heels to left, twist toes to left, twist heels to left

This step can be more challenging by keeping the heels and toes together as follows. To move to the right, with feet slightly apart, move right toe to right and left heel to right at the same time. This brings your heels together for count 1. Then move your right heel to right and your left toe to right at the same time. This brings your toes together for count 2. Continue in the same rhythm as above. Reverse to move left

5-6 Bump hips to left, then right
7&8 Bump hips to left, then right, then left

RIGHT STEP FORWARD, HOLD, LEFT STEP FORWARD, HOLD, RIGHT STEP FORWARD, HOLD, LEFT STEP FORWARD, HOLD

1-2 Step forward right, hold
3-4 Step forward left, hold
5-6 Step forward right, hold
7-8 Step forward left, hold

To add some styling, bend knees and bounce or push hips forward on each count

RIGHT KICK BALL CHANGE, RIGHT STEP, LEFT KICK BALL CHANGE, LEFT STEP, RIGHT STEP ¼ TURN, LEFT STEP

1 Kick right foot forward
&2 Step on ball of right foot beside left, step left in place,
3 Step forward right)
4 Kick left foot forward
&5 Step on ball of left foot beside right, step right in place
6 Step forward left
7 Step right making a ¼ turn to the right
8 Step left beside right)

REPEAT