

Feelin' Good

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Michael Lynn (UK)
音乐: Feelin' Good - The Pussycat Dolls



3 RIGHT FOOT CIRCLE SWEEPS, RONDÉ TURN

- 1-2 With right foot (in a to the right direction), sweep foot in a circle over two counts
- 3-4 With right foot, sweep foot in a circle over two counts
- 5-6 With right foot, sweep foot in a circle over two counts
- 7-8 With right foot, sweep foot in a circle, and rondé turn

3 LEFT FOOT CIRCLE SWEEPS, RONDÉ TURN

- 1-2 With left foot, sweep foot in a circle to the left over two counts
- 3-4 With left foot, sweep foot in a circle over two counts
- 5-6 With left foot, sweep foot in a circle over two counts
- 7-8 With left foot, sweep foot in a circle, and rondé turn

CROSS CLICKS, CROSS CLICKS, HEEL DROP CLICK, HEEL DROP CLICK, FORWARD SHUFFLE

- 1-2 Cross left over right, step right to right side (click fingers)
- 3-4 Cross right over left, step left to left side (click fingers)
- 5&6& Step left toe forward, drop heel (click fingers), step right toe forward, drop heel (click fingers)
- 7&8 Step forward left, step right to left side, step forward left

JUMP BACK, KNEE POP, CROSS BEHIND SIDE, KNEE POP, SIDE STEP DRAG, FORWARD SHUFFLE

- 1&2 Jump back (right foot, left foot), pop right knee
- 3&4 Cross left behind right, step right to right side, pop left knee
- 5-6 Large step to the left, drag right foot to right side
- 7&8 Step forward left, step right to left side, step forward left

½ TURN, RIGHT ARM MOVEMENT WITH CLICK

- 1-2 Step forward right, ½ turn left
- 3-4 Point right arm up to the sky, click fingers, bring arm down over remaining counts

Breakdown here on wall 4, then continue with the rest of the dance

SIDE STEP CLICKS

- 1-2 Step right toe to right side, drop weight onto right heel (click fingers)
- 3-4 Step left toe to left side, drop weight onto left heel (click fingers)

Restart from here on wall 3

- 5-6 Step right toe to right side, drop weight onto right heel (click fingers)
- 7-8 Step left toe to left side, drop weight onto left heel (click fingers)

REPEAT

RESTART

On wall 3 restart after count 36