

# Feeling Good

拍数: 44      墙数: 4      级数: Intermediate  
编舞者: Michael Vera-Lobos (AUS)  
音乐: Feeling Good - Michelle McManus



## SIDE STEP/Drag, CROSS ROCK & REPLACE, STEP SIDE, CROSS & ¼ LEFT, ½ LEFT, STEP FORWARD

- &                    ½ pivot left, step forward, ¼ right & ½ right, cross  
1-2&3              Large step left to left dragging right towards left, cross rock right over left & replace weight on left, step right to right (12:00)  
4&5                Cross left over right & turn ¼ left stepping back on right, turn ½ left stepping onto left (3:00)  
6&7                Step forward right, pivot turn ½ left, step forward right (9:00)  
8&1                Turn ¼ right stepping left to left side, turn a further ½ right stepping right to right side, cross/step left over right (6:00)

## SIDE ROCK CROSS, BALL CROSS, SIDE ROCK CROSS, ¼ LEFT, ½ LEFT

- 2&3&4              Rock right to right & replace weight left, cross right over left & step left to left, cross right over left (6:00)  
5&6                Rock left to left & replace weight on right, cross left over right  
7-8                Turn ¼ left stepping back on right, turn ½ left stepping onto left & slightly hitch right (lead into next section) (9:00)

## CROSS SAMBA FORWARD, CROSS & ¼ LEFT, ½ LEFT, CROSS SAMBA FORWARD, CROSS & ¼ LEFT, ½ LEFT

- 1&2                Travel forward - cross right over left & rock left to left, replace weight on right  
3&4                Cross left over right & turn ¼ left stepping back on right, turn ½ left stepping onto left (12:00)  
5&6                Travel forward - cross right over left & rock left to left, replace weight on right  
7&8                Cross left over right & turn ¼ left stepping back on right, turn ½ left stepping onto left (3:00)

## ROCK FORWARD, REPLACE & ½ ROCK FORWARD, REPLACE & ¼ LEFT, STEP FORWARD RIGHT, ½ PIVOT LEFT, 1 & ½ TRIPLE BACK RIGHT

- 1-2&                Rock forward right, rock back on left & turn ½ right stepping right beside left (9:00)  
3-4&                Rock forward left, rock back on right & turn ¼ left stepping left beside right (6:00)  
5-6                Step forward right, pivot ½ left (right heel should be off floor) (12:00)  
7&8                Turning back triple spin 1 ½ right stepping right, left, right (6:00)

## SWAY HIPS LEFT, RIGHT, LARGE STEP LEFT, TAP BEHIND (CLICK)

- 1-4                Sway hips left, right, take a large step left to left dragging right towards left, tap right toe behind left while rolling right hand to the right into a click (6:00) (weight on left)

## ¼ WALK, CROSS WALK, STEP FORWARD & ½ PIVOT, STEP FORWARD, FULL TRIPLE FORWARD LEFT, STEP FORWARD, ½ SWEEP

- 1-2-3&4              Turning ¼ right step onto right, step left forward slightly across right, step forward right & pivot ½ left, step forward right (3:00)  
5&6                Full triple forward over left stepping left, right, left (3:00)  
7-8                Step forward right, turning ½ right sweep left to left side (9:00)

## REPEAT

## RESTART

On wall 3, dance to count 40. Start again facing 9:00 wall

On wall 4 dance to count 36. Hold to hear click in music. Continue dance to face back wall and add hip sway left, right. Start again with vocals

## TO FINISH

Dance to count 42 then step forward right & turn to the front sweeping left to left, sway hips left, right click right hand

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