

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
