

# Feeling Good

拍数: 72                      墙数: 4                      级数:  
编舞者: Su Marshall (NZ)  
音乐: Feelin' Good About Feelin' Bad - Patty Loveless



## SIDE, CROSS, BALL-CHANGE, CROSS, ¼ TURN & STRUT, STEP, ½ TURN

- 1                      Step left to side  
2&3                  Cross behind with right, step to left side, stamp right to side  
**These last 1½ counts form a "ball-change"**  
4                      Cross behind with left  
&5-6                ¼ turn to the right & step forward on toes of right foot, step down on whole of right  
7-8                  Step forward on left, ½ turn to the right on ball of right foot

## ROLLING TURN, HOLD, HIP BUMPS FORWARD & BACK

- 1                      ½ turn to the right & step back on left foot  
2                      ½ turn to the right & step forward on right foot  
3-4                  Stamp left foot forward, hold  
5-6-7-8            Rock hips forward and back, forward and back

## ¼ TURN & TOE STRUT RIGHT, LEFT (LOW), TOE STRUT RIGHT, LEFT (HIGH)

- 1-2                  ¼ turn to the right & step forward on right toes, step down on whole of right foot  
3-4                  Step forward on left toes, step down on whole of left foot

### Keep knees bent for all 4 counts

- 5-6                  Step forward on right toes, step down on whole of right foot  
7-8                  Step forward on left toes, step down on whole of left foot

**For these last 4 counts, straighten your knees. Click fingers on even counts**

## EVEN-TIME COASTER, SCOOT, STEP, SLIDE CLOSE & STAMP

- 1-2-3                Step back on right, close left to right, step forward on right  
4                      Hop forward on right (keeping close to ground - "scoot")  
5                      Step forward on left  
6-7                  (Using 2 counts) slide right foot up to left & lift right knee forward  
8                      Stamp close

## HEEL, HEEL, SIDE, SIDE, STEP, CLOSE, HEAD TO RIGHT, HOLD

- 1                      Tap right heel forward  
&2                    Hop onto right foot & tap left heel forward  
&3                    Hop onto left foot & touch right toe to side  
&4                    Hop onto right foot & touch left toe to side  
&5                    Hop onto left foot & step forward on right  
6                      Close left to right  
7-8                  Turn head to face right side, hold

## CRAB WALK TO LEFT, CRAB WALK TO RIGHT

- 1                      (Moving to left, head still facing right) with weight on left toe right heel move left heel & right toe to left side  
2                      Transfer weight to left heel & right toe, move left toe & right heel to left side  
3                      (Moving to right, head to front, upper body slowly leaning to left) with weight on left heel & right toe, move left toe & right heel to right side  
4                      Transfer weight to left toe & right heel, move left heel & right toe to right side  
5-6-7-8            Repeat previous counts 2 more times (so you've used 6 counts moving to right side)

**¼ TURN & STEP, ½ TURN, STEP, SCOOT, HOLD, BALL-CHANGE, CROSS**

- 1 ¼ turn to the right & step forward on right
- 2 Scuff left foot forward
- 3 ½ turn to the right on ball of right foot (leaving left behind)
- 4 Step forward on left
- 5-6 Scoot forward on left, hold
- &7 Step down on right, step down on left
- 8 Cross right in front of left

**UNWIND, HOLD, STAMP, STAMP, HOLD**

- 1-2 Unwind ½ turn to the left, hold
- &3 Stamp left close, stamp right to close
- 4 Hold

**SIDE, CROSS, BALL-STAMP, CROSS, BALL-STAMP, CROSS, UNWIND ¾, JUMP**

- 1-2 Step left to side, cross right foot behind
- &3 Step left to side, stamp right in place
- 4 Cross left foot behind
- &5 Step right to side, stamp left in place
- 6 Cross right foot behind
- 7 Unwind ¾ turn to the right
- 8 Jump forward slightly on both feet

**JUMP SIDE, KICK, CROSS, BALL-CHANGE WITH ¼ TURN**

- 1 Jump to left on left foot with right knee across left
- 2 "Roll" right knee round to kick foot out to right side
- 3 Cross right behind
- &4 ¼ turn to the right & step onto left, step forward on right

**REPEAT**

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