

Good Feeling

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Sue Ann Ehmann (USA) - February 2012
音乐: Good Feeling - Flo Rida : (Single)



Intro: 16 counts - Sequence: A A A tag A A tag B B A A

SECTION A

[1-8] HEEL SWITCHES (3X), HOLD, VAUDEVILLE, BALL, CROSS, TAP BEHIND

1&2& Touch left heel forward, step left next to right, touch right heel forward, step right next to left

3-4 Touch left heel forward, hold.

(For styling lean back slightly and cross arms over chest)

&5&6 Step left beside right, cross right over left, step left to side, touch right heel to right diagonal

&7-8 Step right together, cross left over right, tap right toe behind left

Note: There are two toe taps in a row – one here and one at the start of the next section.

[9-16] TAP BEHIND, STEP 1/2 TURN RIGHT, STEP, 1/4 TURN RIGHT, LEFT SAILOR, KICK BALL CHANGE

1-2 Tap right toe behind left, turn 1/2 right shifting weight to right (6:00)

3-4 Step left forward, turn 1/4 right stepping right slightly forward (9:00)

5&6 Step left behind right, step right next to left, step left to side

7&8 Kick right forward, right ball step slightly behind left, step left in place

[17-24] FORWARD ROCK, RECOVER, BALL STEP, ROCK, RECOVER, TOUCH BACK, TURN 3/4 LEFT, SIDE ROCK, RECOVER

1-2& Rock right forward, recover left, step ball of right beside left

3-4 Rock left forward, recover right

5-6 Touch left back, turn 3/4 left (weight to left) (12:00)

7-8 Rock right to side, recover left

[25-32] CROSS-BALL-CROSS, SIDE ROCK, RECOVER, CROSS-BALL-CROSS, SIDE STEP, TOUCH

1&2 Cross right over left, step ball of left to left, step right over left

3-4 Rock left to side, recover right

5&6 Cross left over right, step ball of right to right, step left over right

7-8 Step right to side, touch left beside right

[33-40] SAMBA, SAMBA, FORWARD ROCK, RECOVER, TRIPLE 1/2 TURN LEFT

1&2 Step left forward, rock right to side, recover left

3&4 Step right forward, rock left to side, recover right

5-6 Rock left forward, recover right

7&8 Turning 1/4 left step left to side, step right beside left, turn 1/4 left stepping left forward (6:00)

[41-48] SAMBA, SAMBA, FORWARD ROCK, RECOVER, TRIPLE 1/2 TURN RIGHT

1&2 Step right forward, rock left to side, recover right

3&4 Step left forward, rock right to side, recover left

5-7 Rock right forward, recover left

7&8 Turning 1/4 right step right to side, step left beside right, turn 1/4 right stepping right forward (12:00)

[49-56] FORWARD ROCK, RECOVER, BACK, BACK, BACK MAMBO, KICK BALL CHANGE

1-4 Rock left forward, recover right, step left back, step right back

5&6 Rock left back, recover right, step left beside right

7&8 Kick right forward, right ball step slightly behind left, step left in place

[57-64] STEP, TURN 1/2 LEFT, TRIPLE FORWARD, ROCKING CHAIR

- 1-2 Step right forward, turn 1/2 left (weight to left) (6:00)
3-&4 Step right forward, step left beside right, step right forward
5-8 Rock left forward, recover right, rock left back, recover right

Tag #1 here at end of wall 3 and restart.

Tag #2 here at end of wall 5 and then dance Section B 2X

BEGIN AGAIN!

TAG #1: At end of wall 3 (facing 6:00) dance the following 12 counts - then start over at the beginning.

[1-8] KICK-BALL-POINT, KICK-BALL-POINT, FULL PADDLE TURN

- 1&2 Kick left forward, left ball step slightly behind right, touch right out to side
3&4 Kick right forward, right ball step slightly behind left, touch left out to side
5& Step left forward making a 1/4 turn left (5), ball step right beside left (&),
6& Step left forward making a 1/4 turn left (6), ball step right beside left (&)
7& Step left forward making a 1/4 turn left (7), ball step right beside left (&)
8 Step left forward making a 1/4 turn left (8)

[9-12] POINT SIDE, TOGETHER, POINT SIDE, TOUCH

- 1-4 Touch right out to side, step right beside left, touch left out to side, touch left beside right

**TAG #2: At end of wall 5 (facing 6:00) dance the 12 count tag (above) and then dance SECTION B 2X
SECTION B (dance 2X)**

[1-8] SIDE, HOLD, TOGETHER, HOLD, CHASSÉ LEFT, BACK ROCK, RECOVER,

- 1-4 Step left to side (bending both knees), hold, step right beside left (straightening knees), hold
5&6 Step left to side, step right beside left, step left to side
7-8 Rock right back, recover left

[9-16] SIDE, HOLD, TOGETHER, HOLD, CHASSÉ, BACK ROCK, RECOVER

- 1-4 Step right to side (bending both knees), hold, step left beside right (straightening knees), hold
5&6 Step right to side, step left beside right, step right to side
7-8 Rock left back, recover right

[17-24] SIDE TOE STRUT, CROSS TOE STRUT, 1/4 RIGHT TRIPLE BACK, BACK ROCK, RECOVER

- 1-4 Touch left toe to side, drop heel, touch right toe across left, drop heel
5&6 Step left to side, step right beside left, turning 1/4 right step left back
7-8 Rock right back, recover left

[25-32] SIDE TOE STRUT, CROSS TOE STRUT, 1/4 LEFT TRIPLE BACK, BACK ROCK, RECOVER

- 1-4 Touch right toe to side, drop heel, touch left toe across right, drop heel
5&6 Step right to side, step left beside right, turning 1/4 left step right back
7-8 Rock left back, recover right

AFTER DANCING SECTION B TWICE – START OVER FROM THE BEGINNING

Choreographer Information: Sue Ann Ehmann, Patrick Springs, VA, USA - saehmann@centurylink.net
