

# It Feels Good

拍数: 32      墙数: 4      级数: Improver  
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音乐: Feels Good - Dr. Hook : (Album: Dr. Hook Greatest Hits - iTunes)



Intro: 16 count from start of track

## Section 1. Rumba box, R tog Fwd, L tog Back, R Coaster, ¼ R and Cross.

1&2      Step R to R side, Step L next to R, Step Fwd On R.  
3&4      Step L to L Side, Step R Next To L, Step Back On Left.  
5&6      Step Back On R, Step L Next To R, Step Fwd On R.  
7&8      Making ¼ Turn R Side Rock L to L Side Recover Weight To R Cross L Over R.

## Section 2. Weave R, Rock & Cross, Weave L, Rock & Cross.

1&      Step R To R Side, Cross L Behind R.  
2&      Step R To R Side, Cross L Over R.  
3&4      Rock R To R Side, Recover Weight To L, Cross R Over L.  
5&      Step L To L Side, Cross R Behind L.  
6&      Step L To L Side, Cross R Over L.  
7&8      Rock L To L Side, Recover Weight To R, Cross L Over R.

## Section 3. Rock ¼ L, Step ½ Step R, Full Turn L, Rock ¼ R Cross.

1&2      Turning ¼ L Rock Back On R, Recover To L, Step Fwd On R.  
3&4      Step Fwd On L, Turn ½ Turn R, Step Fwd On L.  
5&6      ½ Turn L, Stepping Back On R, ½ Turn L Stepping Fwd On L, Step Fwd On R.  
7&8      Making ¼ Turn R, Side Rock L To L Side, Recover Weight Cross L Over R.

## Section 4. Side Behind ¼ R, ¼ R Cross, ½ Hinge Turn Left Cross R, Rock & Cross.

1&2      Step R To R Side, Cross L Behind R, Making ¼ Turn R Step Fwd R.  
3&4      Making ¼ Turn R Side Rock L To L Side Recover Weight To R Cross L Over R.  
5&6      Making ¼ Turn L Step Back On R, Making ¼ Turn L Step L To L Side, Cross R Over L  
7&8      Rock L To L Side Recover Weight, Cross L Over R.

## Tag: End Of Wall 2: Rumba Box

1&2      Step R to R side, Step L next to R, Step Fwd On R.  
3&4      Step L to L Side, Step R Next To L, Step Back On Left.

Option: Replace Full Turn In Section 3 With 3 Runs Fwd RLR.

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