

I Feel Good

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Roberto Bresciani (IT) - August 2015
音樂: It Feels Good - Drake White



Start dancing on lyrics

S1: ROCK, RECOVER, JAZZ BOX TURN ¼ RIGHT

1-2 Rock right forward, recover to left
3-4 Rock right to side, recover to left
5-6 Cross right over left, step left back
7-8 Step turn right (1/4) to side, step left slightly forward

S2: ROCK, RECOVER, JAZZ BOX TURN ¼ RIGHT

1-2 Rock right forward, recover to left
3-4 Rock right to side, recover to left
5-6 Cross right over left, step left back
7-8 Step turn right (1/4) to side, step left slightly forward

S3: STEP, POINT, SHUFFLE BACK, COASTER STEP, STEP, STOMP UP

1-2 Step right forward, touch left toe next to right
3&4 Shuffle back left, right, left
5&6 Step right back, step left together, step right forward
7-8 Step left forward, stomp up right next to left

S4: TOUCH, CLAP TWICE, SIDE SWITCHES, CLAP TWICE, HEEL HOOK

1&2 Touch right to side, clap twice
&3&4 Step right together, touch left to side, step left together, touch right to side
&5&6 Step right together, touch left to side, clap twice
&7-8 Step left together, touch right heel forward, hook right over left foot

S5: LOCKSTEP, SCUFF, LOCKSTEP, SCUFF

1-2 Step forward on right, cross left behind right
3-4 Step forward on right, scuff left
5-6 Step forward on left, cross right behind left
7-8 Step forward on left, scuff right

S6: PIVOT TWICE (1/8 LEFT), VAUDEVILLE

1-2 Step right forward, turn 1/8 left
3-4 Step right forward, turn 1/8 left
5&6 Cross right over left and step left to side, touch right heel diagonally
&7&8 Step right together, cross left over right and step right to the side, touch left heel diagonally

S7: STOMP, SLOW TURN (1/4 LEFT), STOMP, SLOW TURN (1/4 LEFT)

&1-4 Stomp right (big step) forward, bounce heels 3 times as you make 1/4 turn left
5-8 Stomp right (big step) forward, bounce heels 3 times as you make 1/4 turn left

S8: BRUSH, HOOK, BRUSH, SLAP, CROSS SHUFFLE, ROCK, STEP, FULL TURN

1&2& Brush and kick right forward, brush back and hook right over left foot, brush and kick right forward, slap right
3&4 crossing chasse right, left, right
5&6 rock left forward, recover to right, step turn ½ left
7-8 full turn right, left

RESTART: at the end of the first 16 count at wall 3

TAG: after the first RESTART

STOMP, CLAP TWICE, STOMP, CLAP TWICE, STOMP, CLAP TWICE, STOMP, CLAP TWICE

1&2 Stomp right, clap twice

3&4 Stomp left, clap twice

5&6 Stomp right, clap twice

7&8 Stomp left, clap twice

ROCK, COASTER STEP, ROCK COASTER STEP

1&2 Rock right forward, recover left

3&4 Step right back, step left together, step right forward

5&6 Rock left forward, recover right

7&8 Step left back, step right together, step left forward

RESTART

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