

# I Feel Good

拍數: 48      牆數: 2      級數: Improver  
編舞者: Terry Daily (USA) - February 2016  
音樂: I Feel Good (feat. LunchMoney Lewis) - Thomas Rhett



Alternative NON-COUNTRY MUSIC: Cake by the Ocean by DNCE (Clean version found on Amazon)  
Dance goes well to a lot of different songs. Don't be afraid to try it out!

## [1-8] Out, Out, Lock backwards, ½ Turn Shuffle, ¼ Turn

1-2            Step Out to R side with R foot, Step out L with L with L foot to L side  
3&4           Lock step Back RLR by stepping back R lock L over R step back R  
5&6           ½ Turning shuffle over L shoulder LRL (6:00)  
7-8           ¼ turn over L shoulder by stepping fwd R do a ¼ turn L and take weight on L (3:00)

## [9-16] Cross and Point X 2, Sailor, ½ Sailor

1-2            Cross R over L and step down R, Point L toe to L Side  
3-4            Cross L over R and step down L, Point R toe to R side  
5&6           Sweep R behind L and step down, step down L, step down R slightly to R side  
7&8           Sweep L foot around to make ½ turn (9:00) and step down, step down R, step L slightly to L side.

## [17-24] Cross Rock Turning Shuffle X 2

1-2            Cross R over L and recover (You will be at about 8:00)  
3&4            Think it as a ½ turn shuffle over your R shoulder RLR. (You will on the (3:00) wall but at a angle.(1:00 ish)  
5-6            Rock fwd at a slight angle with L and recover R  
7&8           ½ Turn shuffle over L (almost ½ turn) LRL to get back to (9:00) wall (straightened up )

## [25-32] Step Fwd Kick, Coaster, 2 Sways, Behind Step Fwd

1-2            Step fwd R , Kick L fwd.  
3&4            Coaster Back by stepping back L, step together with R, Step fwd L  
5-6            Sway to R side and sway back to L side  
7&8            Step R behind L foot, step out to side with L and step fwd R

## [33-40] Kick Fwd and Side, ¼ Coaster, Ball Step, Step, Shuffle Fwd

1-2            Kick L Fwd, Kick L to L side  
3&4            ¼ turn L Coaster by stepping L back with the ¼ turn, stepping together R, step Fwd L  
& 5,6          Stepping on ball of R (&) Step L Fwd, Step R Fwd  
7&8            Shuffle Fwd LRL ( you can substitute a full turn here)

## [40-48] ½ Turn, ½ Turn Lock step, Out, Out, Shuffle Fwd

1-2            Step Fwd R, ½ Turn over L Shoulder  
3&4            1/2 Turn Locking step back RLR, over L shoulder ( you can also think it as a ½ turn shuffle)  
5-6            Step out and fwd a little with L, step out and just slightly back with R  
7&8            Shuffle Fwd LRL

## End Of Dance

### \*1 Small Tag And Restart - 3rd wall

Dance the first 6 counts then instead of ¼ turn, do a ½ turn. Then Restart the dance.

You will hear a drop in the music and then they say... "Aw. Excuse me, can someone bring the beat back?"

