

Feeling Good

拍數: 40 牆數: 4 級數: Improver
編舞者: Sonja Hemmes (USA) - March 2018
音樂: Feeling Good - Michael Bublé : (Album: It's Time)



Start 16 counts after lyrics – And I'm feeling good

S1: STEP & ROCK BACK, RIGHT THEN LEFT, STEP DRAG, STEP TOGETHER TURNING 1/4 LEFT

1&2 Big step to right side, rock back on left, step on right
3&4 Big step to left side, rock back on right, step on left
5&6 Step right forward diagonally, drag left next to right, touch
7&8 Step left to left side, step right next to left, step left to left side turning ¼ left

S2: LOCK FORWARD, ROCK FORWARD, RIGHT SAILOR, LEFT SAILOR

1&2 Step right forward, step left behind right, step right forward
3&4 Rock left forward, step on right, step left next to right
5&6 Cross step right behind left, ball stepping left next to right, step right forward
7&8 Cross step left behind right, ball stepping right next to left, step left forward

S3: RIGHT MAMBO, LEFT MAMBO, RIGHT JAZZ BOX, LEFT JAZZ BOX

1&2 Step right to right side, step on left, step right next to left
3&4 Step left to left side, step on right, step left next to right
5&6 Step right forward in front of left, step left back, step right to right side
7&8 Step left forward in front of right, step right back, step left to left side

S4: STEP BACK DIAGONALLY, RUMBA BOX FORWARD

1&2 Step right back diagonally, step left next to right, step right back diagonally
3&4 Step left back diagonally, step right next to left, step left back diagonally
5&6 Step right to right side, step left next to right, step right forward
7&8 Step left to left side, step right next to left, step left back

S5: RIGHT COASTER BACK, STEP FORWARD, SWAY, STEP FORWARD, SWAY, UNWIND 1/2 Right

1&2 Step right back, step left back next to right, step right forward
3&4 Step left forward diagonally and sway hips forward, back, forward
5&6 Step right forward diagonally and sway hips forward, back, forward
7&8 Step left forward in front of right, unwind ½ to the right keeping weight on left

TAG: At the end of the 1st rotation, there is a 4 count Tag,

1&2 sway right,
3&4 sway left