

Feeling Good

拍數: 32 牆數: 4 級數: Improver
編舞者: Gudrun Schneider (DE) & Heather Barton (SCO) - May 2018
音樂: Feeling Good (feat. KIDDO) - Strobe!



No intro breathe and go

CROSS SAMBA R + L, MAMBO R, SHUFFLE ½ TURN L

1&2 Cross right over left, side step left to left, step right in place
3&4 Cross left over right, side step right to right, step left in place
5&6 Rock forward onto right, recover onto left, step back on right
7&8 ½ turn shuffle, stepping left ¼ left, right together, left ¼ left (6.00)

ROCK FWD, BALL STEP ¼ TURN, CROSS SHUFFLE, SWAY SWAY

1-2 Forward rock onto right, recover onto left
&3-4 (&) step onto right, step forward on left, pivot ¼ turn right, (9.00)
5&6 Cross left over right, step right to right, cross left over right
7-8 Sway onto right, sway onto left

CROSS RIGHT, PUSH BACK, SIDE CHASSE, CROSS ROCK ¼ LEFT, KICK OUT OUT

1-2 Cross right over left, step back on left pushing hip backwards
3&4 Chasse to right stepping right to right, left together, right to right
5&6 Cross rock left over right, recover onto right, ¼ to left stepping left forward (6.00)
7&8 Kick right forward, step out right, step out left

SWIVEL HEEL TOE HEEL IN, RIGHT SHUFFLE FORWARD, CROSS, ¼ SIDE, CROSS ROCK POINT

1&2 Bring both heels in, both toes in, both heels in
3&4 Step right forward, bring left together, step forward right
5&6 Cross rock left over right, recover onto right, ¼ turn left stepping left forward (3.00)
7&8 Cross rock right over left, recover onto left, point right to right side

TAG: END OF WALL 4

1,2,3,4 Click right hand up and across, back and down, repeat

Have Fun

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