

Everybody Feel Good

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BY SHEETS

拍數: 116 牆數: 1 級數: Phrased Intermediate / Advanced
編舞者: Scott Blevins (USA) & Rachael McEnaney (USA) - January 2019
音樂: Feel Good - Jordan Smith : (Album: Only Love)



Note: 32 Count A - 20 Count B – 32 Count C – 32 Count D – 9ish count Tag occurring once

#8 count intro to start on lyrics

Sequence: A - B - C - A - B - C - D - B - Tag - C - D with ending

Pattern A: 32 counts

[1-8] BALL, CROSS, FULL UNWIND, SIDE, BEHIND, SIDE BALL, CROSS, ¾ UNWIND, FWD, KICK

- &1-2-3 (&) Step ball of R to right side; 1) Cross L over R; 2) Unwind full turn right transferring weight to R; 3) Step L to left [12:00]
4&5-6 4) Cross R behind L; &) Step ball of L to left; 5) Cross R over L; 6) Unwind ¾ turn left transferring weight to L [3:00]
7-8 7) Step R forward; 8) Kick L forward [3:00]

[9-16] ¼ STEP, SWITCH 2X, CROSS, BALL ROCK, RECOVER, FWD ROCK, RECOVER, 1½ TRIPLE TURN

- &1&2 (&) Turn ¼ left stepping L in place; 1) Point R to right; &) Step R next to L; 2) Point L to left [12:00]
3&4 3) Cross L over R; &) Turn 1/8 left rocking R ball to right; 4) Recover weight to L [10:30]
5-6 5) Rock R forward; 6) Recover weight to L squaring up to 12 o'clock
7&8 7) Turn ½ right stepping R forward; &) Turn ½ right stepping L back; 8) Turn ½ right stepping R forward [6:00]

[17-24] FWD ROCK (w/body roll), RECOVER, BACK, SIDE, CROSS, SIDE ROCK, ¼ RECOVER, ½ BACK, LOCK, BACK

- 1-2-3&4 1) Rock L forward (style with fwd body roll); 2) Recover to R; 3) Step L back; &) Step R to right; 4) Cross L over R [6:00]
5-6 5) Rock R to right (style by looking right); 6) Turn ¼ left as you recover to L [3:00]
&7-8 (&) Turn ½ left stepping ball of R back; 7) Lock L over R; 8) Step R back [9:00]

[25-32] SIDE, CROSS, SIDE, ½ SAILOR, 5/8 FWD, ½ BACK, BACK, CLOSE, 1/8 CROSS

- &1-2 (&) Step L to left; 1) Cross R over L; 2) Step L to left [9:00]
3&4 3) Cross R behind L; &) Turn ¼ right stepping L next to R; 4) Turn ¼ right stepping R slightly across L (prep right) [3:00]
5-6 5) Turn 5/8 left stepping L forward; 6) Turn ½ left stepping R back [1:30]
&7-8 (&) Step L back; 7) Step R next to L pushing hips back; 8) Turn 1/8 left crossing L over R [12:00]

Pattern B: 20 counts

[1-8] SLOW NIGHTCLUB BASIC, ¼ FWD w/SWEEP, CROSS, ¼ BACK

- 1-2-3-4 1) Step R a big step to right side; 2) Hold; 3) Step L back slightly behind R; 4) Step R across L [12:00]
5-6 5) Turn ¼ left stepping L forward as you begin sweeping R forward; 6) Hold continuing R sweep forward [9:00]
7-8 7) Cross R over L; 8) Turn ¼ right stepping L back [12:00]

[9-20] DIAGONAL BACK, TOUCH, CHASSE, ¼ SIDE w/TOUCH 3X, ¼ SIDE, SYNCOPATED LOCKS FWD, STEP

- 1-2 1) Step R a big step back diagonally toward 4:30; 2) Touch L next to R snapping fingers [12:00]

- 3&4 3) Step L to left; &) Step R next to L; 4) Step L to left [12:00]
 5&6& 5) Turn ¼ left stepping R to right; &) Touch L next to R; 6) Turn ¼ left stepping L to left; &) Touch R next to L [6:00]
 7&8 7) Turn ¼ left stepping R to right; &) Touch L next to R; 8) Turn ¼ left stepping L to left [12:00]
 1&2&3&4 1) Step R fwd toward right diagonal; &) Lock L behind R; 2) Step R fwd toward right diagonal; &) Step L fwd toward left diagonal; 3) Lock R behind L; &) Step L fwd toward left diagonal; 4) Step R forward toward 12 o'clock

Pattern C: 32 counts

[1-9] FWD, KICK, STEP, ROCK, RCVR, KICK, STEP, ROCK, RCVR, KICK, STEP, POINT, ROCK, RCVR, ¼ FWD

- 1-2&3& 1) Step L forward; 2) Kick R forward; &) Step R forward; 3) Rock ball of L to left side (slightly back); &) Recover weight to R [12:00]
 4&5& 4) Kick L forward; &) Step L forward L; 5) Rock ball of R to right side (slightly back); &) Recover weight to L [12:00]
 6&7 6) Kick R forward; &) Step R forward; 7) Point L to left side [12:00]
 8&1 8) Cross rock L over R; &) Recover weight to R; 1) Turn ¼ left stepping L forward [9:00]

[10-17] KICK, STEP, ROCK, RCVR, KICK, STEP, ROCK, RCVR, KICK, STEP, POINT, ROCK, RCVR, ¼ FWD

- 2-9 Repeat counts 2-9 above [6:00]

[18-25] KICK, STEP, ROCK, RCVR, KICK, STEP, ROCK, RCVR, KICK, STEP, POINT, ROCK, RCVR, ¼ FWD

- 2-9 Repeat counts 2-9 above [3:00]

[26-32] FWD, FWD, PIVOT ¾, SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, BIG STEP, DRAG

- 2-3-4 2) Step R forward; 3) Step L forward; 4) Turn ¾ right taking weight on R [12:00]
 5&6& 5) Rock L to left; &) Recover weight to R; 6) Cross rock L over R; &) Recover weight to R [12:00]
 7-8 7) Big step L to left; 8) Drag R toward L keeping weight on L [12:00]

Pattern D: 32 counts

[1-8] DIAGONAL CAMEL WALK R-L, SHUFFLE, FWD LUNGE, PIVOT ½, ½ BACK, ½ FWD

- 1-2 1) Turn 1/8 left stepping R forward as you pop L knee forward; 2) Step L forward as you pop R knee forward [10:30]
 3&4 3) Step R forward; &) Step L next to R; 4) Step R forward [10:30]
 5-6 5) Step/lunge L forward throwing arms up "hallelujah"; 6) Turn ½ right taking weight on R [4:30]
 7-8 7) Turn ½ right stepping L back; 8) Turn ½ right stepping R forward [4:30]

[9-16] DIAGONAL CAMEL WALK L-R, SHUFFLE, FWD LUNGE, PIVOT ½, ½ BACK, ¼ FWD

- 1-2 1) Step L forward as you pop R knee forward; 2) Step R forward as you pop L knee forward [4:30]
 3&4 3) Step L forward; &) Step R next to L; 4) Step L forward [4:30]
 5-6 5) Step/lunge R forward throwing arms up "hallelujah"; 6) Turn ½ left taking weight on L [10:30]
 7-8 7) Turn ½ left stepping R back; 8) Turn ¼ left stepping L forward [1:30]

[17-24] DIAGONAL CAMEL WALK R-L, SHUFFLE, FWD LUNGE, PIVOT ½, ½ BACK, ½ FWD

- 1-2 1) Step R forward as you pop L knee forward; 2) Step L forward as you pop R knee forward [1:30]
 3&4 3) Step R forward; &) Step L next to R; 4) Step R forward [1:30]
 5-6 5) Step/lunge L forward throwing arms up "hallelujah"; 6) Turn ½ right taking weight on R [7:30]
 7-8 7) Turn ½ right stepping L back; 8) Turn ½ right stepping R forward [7:30]

[25-32] DIAGONAL CAMEL WALK L-R, SHUFFLE, STEP PIVOT WITH HIP CIRCLE 2X

- 1-2 1) Step L forward as you pop R knee forward; 2) Step R forward as you pop L knee forward [7:30]
- 3&4 3) Step L forward; &) Step R next to L; 4) Step L forward [7:30]
- 5-6 5) Step R forward starting hip circle counter clockwise; 6) Continue circling hips as you turn ¼ left taking weight on L [4:30]
- 7-8 7) Step R forward starting hip circle counter clockwise; 8) Continue circling hips as you turn 3/8 left taking weight on L [12:00]

Tag: After the 3rd time you do part B do the following tag then begin part C

[1-9ish] FWD, LOCK, SLOW UNWIND, STEP WITH HIP CIRCLE, LUNGE w/KNEE OUT-IN-OUT, DRAG

- &1-2-3 (&) Step L forward; 1) Lock R behind L; 2-3) Slow unwind full turn right on the spot weight ends on R [12:00]
- 4-5-6 4) Step L to left as you begin hip circle counter clockwise; 5-6) Continue hip circle [12:00]
- 7&8-9 7) Lunge left as you pop L knee out; &) Pop L knee in; 8) Pop L knee out; 9ish) Drag L toward R keeping weight on R [12:00]

Note: There is not a clear beat! So focus on hitting the vocals taking your time going into pattern C stepping L forward as the beat kicks back in.

Ending: During the final D pattern, dance the entire pattern as written through count 28. Replace counts 29-31 with the steps below:

[29-31] 5&6&) Take 4 small steps forward R-L-R-L arcing ½ left to face 1:30; 7) Turn 1/8 L stepping R to right hitting a pose. [12:00]

Sequence: A - B - C - A - B - C - D - B - Tag - C - D with ending

Enjoy :-)

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