

# Feel Good

拍數: 32      牆數: 4      級數: Improver  
編舞者: Ray Metz (USA) - May 2021  
音樂: Feel Good (Dave Audé Remix) - Chrissy Metz & Dave Audé



Intro: 16 counts (start on lyrics)

## S1: LEFT VINE JACK, WIDE SIDE, TOGETHER, TOE, HEEL, STEP 1/4 RIGHT

1,2      step LF to left (1), step RF behind LF (2),  
&3      step LF to left (&), touch R HEEL to right diagonal (3),  
&4      step RF next to LF (&), cross LF over RF (4),  
5,6      step RF wide to right (5), step LF next to RF (6),  
7&8      touch R TOE next to LF (7), touch R HEEL next to LF (&), step RF 1/4 right (8),

## S2: 1/2 PIVOT RIGHT, SHUFFLE, PADDLE 1/8 LEFT (X3), STEP 1/8 LEFT

1,2      step LF forward (1), turn 1/2 right and step on RF (2),  
3&4      step LF forward (3), Step RF next to LF (&), step LF forward (4),  
5,6,7      press RF to side and turn 1/8 left on ball of LF (5), repeat (6), repeat (7),  
8      step on RF while turning 1/8 left (8)

## S3: WIZARD STEPS (X2), WALK (X2), MAMBO 1/4 LEFT

1,2&      step LF forward (1), step RF behind LF (2), step LF forward (&),  
3,4&      step RF forward (3), step LF behind RF (4), step RF forward (&),  
5,6      step LF forward, step RF forward,  
7&8      press LF forward (7), recover weight to RF (&), turn 1/4 left and step on LF (8),

## S4: CROSS 1/4 LEFT (X2), SHUFFLE 1/4 LEFT BACK, STEP LEFT, PARTIAL SWIVET

1,2      cross RF over LF while turning 1/4 left (1), cross LF in front of RF while turning 1/4 left (2),  
3&4      step RF back turning 1/4 left (3), step LF next to RF (&), step RF back (4),  
5      step LF to left (5),  
6,7,8      swivel feet to right while lifting L HEEL and R TOE (6), return weight to both feet in neutral position (7),  
swivel feet to left while lifting L TOE and R HEEL and CLAP (8),

REPEAT

## TAG: at END of WALL 8 facing 12:00, add 4 COUNT SWIVET

1      return weight to both feet in neutral position (1),  
2      swivel feet to right while lifting L HEEL and R TOE (2),  
3      return weight to both feet in neutral position (3),  
4      swivel feet to left while lifting L TOE and R HEEL and CLAP (4),

## END of DANCE: on WALL 10 after step 4 of Section 2 replace steps 5-8 as follows:

### PADDLE 1/8 LEFT, STEP 1/8 LEFT, TOE BEHIND, UNWIND 3/4 to FRONT

5      press RF to side and turn 1/8 left on ball of LF (5),  
6      step on RF while turning 1/8 left (6)  
7      touch L TOE behind RF (7)  
8      unwind 3/4 to face front, lifting arms up and out with a feel good smile!

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