

拍數: 96 牆數: 2 級數: Phrased Advanced
 編舞者: Fred Whitehouse (IRE) - September 2021
 音樂: I Feel Good (feat. Anthony Watts & DJWS) - Pitbull



Intro: 32 counts from start of track (app. 15 secs into track). Start with weight on L foot
Sequence: ABCC, TAG, ABCC, TAG, A, Ending

A Part: 32 counts/1 wall (the A part always starts facing 12:00)

[1 - 8] Hitch & kick & side rock, kick & side stomp, swivels, R sailor step

- 1&2& Hitch R knee (&), kick R fwd (1), cross R over L (&), rock L to L side (2), recover on R (&)
 12:00
- 3&4 Kick L fwd (3), cross L over R (&), stomp R to R side (4) 12:00
- 5&6 Swivel both heels to L side (5), swivel both heels to R side (&), swivel both heel to L side (6)
 12:00
- 7&8 Cross R behind L (7), step L to L side (&), step R to R side and slightly fwd (8) 12:00

[9 - 16] L rock fwd, pony step with ½ R,

- 1 - 2 Rock L fwd rolling body fwd (1), recover on R hitching L knee (2) 12:00
- 3&3&4 Step L backwards (&), hitch R knee (3), step L backwards (&), turn ½ R stepping R fwd (4)
 6:00
- 5&6 Swivel R toe to L side (5), swivel R heel to L side (&), swivel R toe to L side (6) 6:00
- 7 - 8 Turn ½ L walking R fwd (7), walk L fwd (8) 12:00

[17 - 24] Cross heel rock, side heel rock, repeat, R sailor ½ R, walk L R

- 1&2& Cross rock R heel over L (1), recover on L (&), rock R heel to R side (2), recover on L (&)
 12:00
- 3&4& Repeat counts 1&2& 12:00
- 5&6 Cross R behind L (5), turn ¼ R stepping L next to R (&), turn ¼ R stepping fwd on R (6) 6:00
- 7 - 8 Walk L fwd (7), walk R fwd (8) 6:00

[25 - 32] Repeat counts 17-24 but with L foot

- 1&2& Cross rock L heel over R (1), recover on R (&), rock L heel to L side (2), recover on R (&)
 6:00
- 3&4& Repeat counts 1&2& 6:00
- 5&6 Cross L behind R (5), turn ¼ L stepping R next to L (&), turn ¼ L stepping fwd on L (6) 12:00
- 7 - 8 Walk R fwd (7), walk L fwd (8) 12:00

B Part: 32 counts/1 wall (the B part always starts facing 12:00)

[1 - 9] Step R fwd, L out L, 2 + 2 fingers/arms, back RL with arm throws, R coaster with arms

- 1 - 2 Step R fwd pushing both arms backwards (1), step L out to L side bringing R arm up to
 shoulder height showing R index finger and R middle finger (2) 12:00
- 3 - 5 Bring L arm up to shoulder height showing L index finger and L middle finger (3), cross arms
 over each other rocking R to R side (4), bring both arms out to sides again recovering to L
 foot (5) 12:00
- 6 - 7 Step back R throwing R arm fwd (6), step back L throwing L arm fwd (7) 12:00
- 8&1 Step back on R touching L shoulder with R hand and touching R shoulder with L hand (8),
 step L next to R changing hand positions (&), step R fwd pushing arms down (1) 12:00

[10 - 17] Step ½ R, kick out out, snake roll L, R heel pop, together side rock hitch cross

- 2 - 3 Step L fwd (1), turn ½ R onto R (2) 6:00
- 4&5 Kick L fwd (3), step L out to L side (&), step R out to R side (4) ...

**Arm styling: cross punch arms in front of body (4), pull arms back (&), push arms down the sides of your body
 (5) 6:00**

- 6&7 Do a snake/body roll to L side (weight on L) pushing R arm fw at the same time (6), pop R heel out to R side (&), return heel to neutral (7) 6:00
- &8&1 Step R next to L (&), rock L to L side (8), recover on R hitching L knee (&), cross L over R (1) 6:00

[18 - 24] Back back cross, back back fwd, chug ½ L

- 2&3 Step R back (2), step L back (&), cross R over L (3) 6:00
- 4&5 Step L back (4), step R back (&), step L fwd (5) 6:00
- 6-7-8 Turn 1/8 L pressing R to R side (6), turn 1/8 L pressing R to R side (7), turn 1/4 L pressing R to R side (8) 12:00

[25 - 32] R fwd, together, walk RL with double knee knocks, R out with 2-2 fingers, Hold, heel bounces with R fist down

- 1 - 2 Step R fwd rolling arms down/fwd/up (1), step L next to R bringing arms down in front of body (2) 12:00
- 3 - 4 Walk R fwd (3), walk L fwd (4) ... Styling: during walks split knees out-in 4 times! 12:00
- 5 - 6 Step R out to R side bringing R up showing R index and middle finger up (5), HOLD (6) 12:00
- &7&8 Bounce heels clenching your R hand into a fist bringing R hand down the R side of body (8) 12:00

C Part: 32 counts/1 wall (the C part always starts facing 12:00)

[1 - 8] Cross side, cross side, heel twist R, heel twist L ¼ R, dip down, up

- 1 - 4 Cross R over L (1), step L to L side (2), cross R over L (3), step L to L side (4) ...

Styling: moonwalk glide 12:00

- 5 - 6 Twist heels to R side (5), twist heels to L side turning ¼ R (6) 3:00
- 7 - 8 Bend in knees pushing your bum backwards (7), straighten your knees ending with weight on R (8) ...

Styling: 1st C - throw dollars bills, 2nd C, bring R hand up and 'look in the mirror' 3:00

[9 - 16] Fwd R, Full turn R, walk L, R fwd rolling hands, spiral ¾ L, down on L

- 1 - 4 Step down R (1), turn ½ R stepping L back (2), turn ½ R stepping R fwd (3), walk L fwd (4) 3:00
- 5 - 6 Step R fwd starting to roll arms from down and up above shoulder height (5), finish arms (6) 3:00
- 7 - 8 Spiral a ¾ turn on R pushing arms down the side of body (7), change weight to L (8) 6:00

[17 - 24] Rock R fwd, recover, fwd R with slide, touch together, Repeat with L

- 1 - 2 Rock R towards R diagonal (1), recover on L (2) ... Arm styling: bring L arm up and pull it back (1), push L arm fwd (2) 7:30
- 3 - 4 Step R fwd to R diagonal (3), touch L next to R (4) ... Arm styling: pull L arm back (3), drop L arm down (4) 7:30
- 5 - 6 Rock L towards L diagonal (5), recover on R (6) ... Arm styling: bring R arm up and pull it back (1), push R arm fwd (2) 4:30
- 7 - 8 Step L fwd to L diagonal (7), touch R next to L squaring up to 6:00 again (8) ... Arm styling: pull R arm back (3), drop R arm down (4) 6:00

[25 - 32] Step slide to R and L diagonals, step ½ L, full turn L

- 1 - 2 Step R fwd towards R diagonal (1), slide and touch L next to R (2) ... Arm styling: throw L arm fwd and down (1-2) 6:00
- 3 - 4 Step L fwd towards L diagonal (3), slide and touch R next to L (4) ... Arm styling: throw L arm fwd and down (3-4) 6:00
- 5 - 6 Step R fwd (5), turn ½ L stepping down on L (6) 12:00
- 7 - 8 Turn ½ L stepping back on R (7), turn ½ L stepping fwd on L and slightly in front of R (8) 12:00

Tag: 16 counts/1 wall (the Tag always comes after the 2nd C, facing 12:00)

[1 - 8] 4 camel walks turning ½ L, 8 run steps turning ½ L

1 - 4 Turn 1/8 L stepping R fwd and popping L knee (1), repeat 3 times (2-3-4) 6:00
5&6& Run small step fwd on R turning 1/8 L (5), run fwd and turn 1/8 L 3 times on LRL (&6&) 3:00
7&8& Run small step fwd on R turning 1/8 L (7), run fwd and turn 1/8 L 3 times on LRL (&8&) 12:00

[9 - 16] Walk RLRL with shakes/shimmies, out R/what?, point fingers fwd, arms down w. roll

1 - 4 Walk RLRL fwd shaking or shimmying your body (1-4) 12:00
5 - 6 Step R out to R side bring both arms up in a Y-position - lyrics: 'I don't know'... (5), point both fingers fwd - Lyrics: 'about you' ... (6) 12:00
7 - 8 Slide hands down your body rolling your body from head and down - Lyrics: 'I feel good' (7-8) 12:00

Ending: STRIKE A POSE! Finish your 3rd A and step R to R side doing counts 15-16 of the tag ('I feel good')
