

# It Feels Good 22

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Lidia Landon Michael (USA) - September 2022  
音樂: It Feels Good - Drake White



**Intro: hold 24 Counts. Dance starts with Vocals**

**Section 1: WALK R/L/R, TOUCH L, STEP SIDE R, BEHIND L, SIDE R, TOUCH L**

1-2            Walk forward R/L  
3-4            Walk forward R, touch L next to R  
5-6            Step side L, Step L behind R  
7-8            Step side L, touch R next to L

**OPTION: counts 5-8 Can be done turning to the left**

**Section 2: STEP SIDE L, BEHIND R, SIDE L, TOUCH R, WALK BACK L/R/L TOUCH**

1-2            Step side R, Step L behind R  
3-4            Step side R, Touch L  
5-6            Walk back L/R  
7-8            Walk back L, touch R

**OPTION: counts 1-4 Can be done turning to the right**

**SECTION 3: DOUBLE HIP R/ DOUBLE HIP L/ ROLL HIPS FRONT, BACK, FRONT, BACK**

1-2            Step forward R with double hip bump R  
3-4            Step forward L with double hip bump L  
5-6            Step forward R with hip roll front to R, hip roll back to L  
7-8            continue hip roll front R, hip roll back L

**SECTION 4: HEEL, TOGETHER, HEEL, TOGETHER, HEELS R/L/R ¼ TURN, BRUSH BACK**

1-2            R heel jack to front R corner (1:30), step together R  
3-4            L heel jack to front L corner (10:30), step together L  
5-6            [5&] R heel jack front, step together R [6&] L heel jack front, step together L  
7-8            [7] ¼ turn to 9:00: R heel jack front [8] brush r foot back