

It Feels So Good

拍數: 32 牆數: 2 級數: Improver
編舞者: Sonny V. (DE) - May 2024
音樂: So Good - KAMRAD



Intro: 32 counts – start on the word “sunshine”

No Tags / No Restarts

[1-8] Side, Tap, Back, Heel, Tap, Rock, Recover, Shuffle 1/2 Turn Right

1-2 R step right – L tap next to R
&3-4 L step slightly back – R touch heel fwd. – R tap next to L
5-6 R rock fwd. – recover on L
7&8 1/4 turn right step on R (3:00) – L step next to R – 1/4 turn right R step fwd. (6:00)

[9-16] Paddle 1/4 Turn Right x2, Shuffle Fwd., Pivot 1/4 Left, Cross Shuffle

1-2 turn 1/4 right tap L to left (9:00) – turn 1/4 right tap L to left (12:00)
3&4 L step fwd. – R step next to L – L step fwd.
5-6 R step fwd. – 1/4 turn left transfer weight on L (9:00)
7&8 R cross over L – L ball slightly left – R cross over L

[17-24] Ball, Cross, Hitch, Behind, Side, Cross, Vine Right, Brushed Kick

&1-2 L ball slightly left – R cross over L – L hitch into left diagonal
3&4 L step behind R – R step right – L cross over R
5-6 R step right – L step behind R
7-8 R step right – L brush from left to right into diagonal kick in front of R

[25-32] Roll Vine + 1/4 Left, Tap Right, Mambo Step, Mambo Back

1-2 1/4 turn left step on L (6:00) – 1/4 turn further left step on R (3:00)
3-4 3/4 turn further left step on L (6:00) – R tap to right side
5&6 R rock fwd. – recover on L – R step back
7&8 L rock back – recover on R – L step fwd.

Start again and feel good ☐

Your feedback is welcome on this channel or just mail to
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