

Feeling Good

拍數: 72 牆數: 4 級數:
編舞者: Su Marshall (NZ)
音樂: Feelin' Good About Feelin' Bad - Patty Loveless



SIDE, CROSS, BALL-CHANGE, CROSS, ¼ TURN & STRUT, STEP, ½ TURN

- 1 Step left to side
2&3 Cross behind with right, step to left side, stamp right to side
These last 1½ counts form a "ball-change"
4 Cross behind with left
&5-6 ¼ turn to the right & step forward on toes of right foot, step down on whole of right
7-8 Step forward on left, ½ turn to the right on ball of right foot

ROLLING TURN, HOLD, HIP BUMPS FORWARD & BACK

- 1 ½ turn to the right & step back on left foot
2 ½ turn to the right & step forward on right foot
3-4 Stamp left foot forward, hold
5-6-7-8 Rock hips forward and back, forward and back

¼ TURN & TOE STRUT RIGHT, LEFT (LOW), TOE STRUT RIGHT, LEFT (HIGH)

- 1-2 ¼ turn to the right & step forward on right toes, step down on whole of right foot
3-4 Step forward on left toes, step down on whole of left foot
Keep knees bent for all 4 counts
5-6 Step forward on right toes, step down on whole of right foot
7-8 Step forward on left toes, step down on whole of left foot

For these last 4 counts, straighten your knees. Click fingers on even counts

EVEN-TIME COASTER, SCOOT, STEP, SLIDE CLOSE & STAMP

- 1-2-3 Step back on right, close left to right, step forward on right
4 Hop forward on right (keeping close to ground - "scoot")
5 Step forward on left
6-7 (Using 2 counts) slide right foot up to left & lift right knee forward
8 Stamp close

HEEL, HEEL, SIDE, SIDE, STEP, CLOSE, HEAD TO RIGHT, HOLD

- 1 Tap right heel forward
&2 Hop onto right foot & tap left heel forward
&3 Hop onto left foot & touch right toe to side
&4 Hop onto right foot & touch left toe to side
&5 Hop onto left foot & step forward on right
6 Close left to right
7-8 Turn head to face right side, hold

CRAB WALK TO LEFT, CRAB WALK TO RIGHT

- 1 (Moving to left, head still facing right) with weight on left toe right heel move left heel & right toe to left side
2 Transfer weight to left heel & right toe, move left toe & right heel to left side
3 (Moving to right, head to front, upper body slowly leaning to left) with weight on left heel & right toe, move left toe & right heel to right side
4 Transfer weight to left toe & right heel, move left heel & right toe to right side
5-6-7-8 Repeat previous counts 2 more times (so you've used 6 counts moving to right side)

¼ TURN & STEP, ½ TURN, STEP, SCOOT, HOLD, BALL-CHANGE, CROSS

- 1 ¼ turn to the right & step forward on right
- 2 Scuff left foot forward
- 3 ½ turn to the right on ball of right foot (leaving left behind)
- 4 Step forward on left
- 5-6 Scoot forward on left, hold
- &7 Step down on right, step down on left
- 8 Cross right in front of left

UNWIND, HOLD, STAMP, STAMP, HOLD

- 1-2 Unwind ½ turn to the left, hold
- &3 Stamp left close, stamp right to close
- 4 Hold

SIDE, CROSS, BALL-STAMP, CROSS, BALL-STAMP, CROSS, UNWIND ¾, JUMP

- 1-2 Step left to side, cross right foot behind
- &3 Step left to side, stamp right in place
- 4 Cross left foot behind
- &5 Step right to side, stamp left in place
- 6 Cross right foot behind
- 7 Unwind ¾ turn to the right
- 8 Jump forward slightly on both feet

JUMP SIDE, KICK, CROSS, BALL-CHANGE WITH ¼ TURN

- 1 Jump to left on left foot with right knee across left
- 2 "Roll" right knee round to kick foot out to right side
- 3 Cross right behind
- &4 ¼ turn to the right & step onto left, step forward on right

REPEAT
