

Feels Good

拍數: 32 牆數: 2 級數: Improver
編舞者: Jckerr (UK)
音樂: I Can Make You Feel Good - Shalamar



Jckerr is June, Carole, Ken, Estelle, Richard and Rhys. Pronounced 'jay-see-kerr'

OUT-OUT, CLAP, COASTER STEP, LOCK STEP, PIVOT $\frac{3}{4}$ TURN

- &1-2 Step right foot to right side, step left foot to left side, clap
- 3&4 Step right foot back, step left foot beside right, step right foot forward
- 5&6 Step left foot in front of right, lock right foot behind left, step left foot in front of right
- 7-8 Step right foot in front of left, pivot $\frac{3}{4}$ turn onto left foot

SLIDE, TOUCH, KICK, TOUCH, CROSS, TURN, SAILOR STEP

- 1-2 Step right foot (wide) to right side, slide left foot towards right (ending with left toe touching next to right)
- &3&4 Step left foot in place, kick right foot forward, step right foot in place, touch left toe next to right
- &5-6 Step left foot in place, cross right foot in front of left, unwind $\frac{1}{2}$ turn to the left
- 7&8 Step left foot behind right, step right foot to right side, step left foot next to right

SAILOR STEP, CROSS SHUFFLE, STEP, TURN, CROSS SHUFFLE

- 1&2 Step right foot behind left, step left foot to left side, step right foot next to left
- 3&4 Step left foot in front of right, step right foot to right side, step left foot in front of right
- 5-6 Step right foot to right side, step left foot to left side as you $\frac{1}{2}$ turn to the left (option: end with knees slightly bent)
- 7&8 Step right foot in front of left, step left foot to left side, step right foot in front of left

ROCK, RECOVER, SAILOR STEP $\frac{1}{4}$ TURN, 4 X SKATES

- 1-2 Rock left foot to left side, recover weight onto right foot
- 3&4 Step left foot behind right, step right foot to right side as you $\frac{1}{4}$ turn to the right, step left foot next to right
- 5-6 Skate right foot diagonally forward and to the right, skate left foot diagonally forward and to the left
- 7-8 Skate right foot diagonally forward and to the right, skate left foot diagonally forward and to the left

REPEAT

TAG

Danced after walls 2, 5 and 11

MAMBO BACK, MAMBO FORWARD

- 1&2 Rock right foot behind left, recover weight onto left foot, step right foot next to left
- 3&4 Rock left foot in front of right, recover weight onto right foot, step left foot next to right