

# Feel Good

拍數: 32      牆數: 2  
編舞者: Tanja Frei (DE) - April 2011  
音樂: Rock Bottom Blues - Kid Rock

級數: Newcomer / Novice ECS



**Start after 32 counts / 2 Restarts (in Wall 4 & 8)**

**[1-8] Side Shuffle right, Back Rock, Side Shuffle left, Back Rock with ¼ turn right**

1&2      Side shuffle right (stepping right, left, right)  
3-4      Rock back on left, recover onto right  
5&6      Side shuffle left (stepping left, right, left)  
7-8      Rock back on right with turning 1/4 to right, recover onto left (3:00)

**[9-16] 3x Heel Switches, Hold, 3x Heel Switches, Hold**

1&2      touch right heel forward, step right next to left, touch left heel forward  
&3-4      step left next to right, touch right heel forward ,hold  
&5&6      step right next to left, touch left heel forward, step left next to right, touch right heel forward,  
&7-8      step right next to left, left heel forward, hold

**RESTART: Here in walls 4 & 8.**

**[17- 24] Shuffle right, Full Turn, Shuffle left, Step right , ½ Turn left**

&1&2      step left next to right, shuffle right forward (stepping right, left, right)  
3-4      left step back with turning 1/2 to right, right step forward with turning 1/2 to right  
5-6      shuffle left forward (stepping left, right, left)  
7-8      step right forward, turn 1/2 to left

**[25-32] Shuffle right, Rock Step, Sailor Step with ¼ turn left, Kickball Step**

1&2      shuffle right forward (stepping right, left, right)  
3-4      Rock left forward, recover onto right  
5&6      Step left behind right with turning ¼ left, step left next to right, step right slightly side  
7&8      kick right forward, step right next left, step left slightly forward

**Start again and have fun !!**

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