

It Feels Good

拍數: 32 牆數: 4 級數: Improver
編舞者: Mark Guichard (UK) & Shelly Guichard (UK) - July 2013
音樂: Feels Good - Dr. Hook : (Album: Dr. Hook Greatest Hits - iTunes)



Intro: 16 count from start of track

Section 1. Rumba box, R tog Fwd, L tog Back, R Coaster, ¼ R and Cross.

1&2 Step R to R side, Step L next to R, Step Fwd On R.
3&4 Step L to L Side, Step R Next To L, Step Back On Left.
5&6 Step Back On R, Step L Next To R, Step Fwd On R.
7&8 Making ¼ Turn R Side Rock L to L Side Recover Weight To R Cross L Over R.

Section 2. Weave R, Rock & Cross, Weave L, Rock & Cross.

1& Step R To R Side, Cross L Behind R.
2& Step R To R Side, Cross L Over R.
3&4 Rock R To R Side, Recover Weight To L, Cross R Over L.
5& Step L To L Side, Cross R Behind L.
6& Step L To L Side, Cross R Over L.
7&8 Rock L To L Side, Recover Weight To R, Cross L Over R.

Section 3. Rock ¼ L, Step ½ Step R, Full Turn L, Rock ¼ R Cross.

1&2 Turning ¼ L Rock Back On R, Recover To L, Step Fwd On R.
3&4 Step Fwd On L, Turn ½ Turn R, Step Fwd On L.
5&6 ½ Turn L, Stepping Back On R, ½ Turn L Stepping Fwd On L, Step Fwd On R.
7&8 Making ¼ Turn R, Side Rock L To L Side, Recover Weight Cross L Over R.

Section 4. Side Behind ¼ R, ¼ R Cross, ½ Hinge Turn Left Cross R, Rock & Cross.

1&2 Step R To R Side, Cross L Behind R, Making ¼ Turn R Step Fwd R.
3&4 Making ¼ Turn R Side Rock L To L Side Recover Weight To R Cross L Over R.
5&6 Making ¼ Turn L Step Back On R, Making ¼ Turn L Step L To L Side, Cross R Over L
7&8 Rock L To L Side Recover Weight, Cross L Over R.

Tag: End Of Wall 2: Rumba Box

1&2 Step R to R side, Step L next to R, Step Fwd On R.
3&4 Step L to L Side, Step R Next To L, Step Back On Left.

Option: Replace Full Turn In Section 3 With 3 Runs Fwd RLR.

Contact: markguichard@hotmail.com