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| Feel Good (Sha La La) |  |

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| **Count:** | 32 | **Wall:** | 2 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Jonno Liberman (USA) & Rick Dominguez (USA) - October 2015 |
| **Music:** | I Feel Good (feat. LunchMoney Lewis) - Thomas Rhett |
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**Dance begins after 16 counts**

**[1-8] Rock, Recover, Ball, Step, Walk x2, Side Rock, Recover, Cross, 1/4 Step (3:00)**

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| 1, 2&3 | Step R forward, Recover weight onto L, Step ball of R next to L, Step L forward |

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| 4, 5 | Step R forward, Step L forward |

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| 6&7 | Step R to right side, Recover onto L, Cross R over L |

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| 8 | Step L to left as you turn 1/4 right (3:00) |

**[9-16] 1/4 Step, Hold, Together, Side Rock, Recover, Weave, Step Left with Hip Bumps (6:00)**

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| 1-2, | Step R back as you turn 1/4 right (6:00), Hold |

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| &3, 4 | Step L next to R, Step R to right, Recover onto L |

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| 5&6 | Cross R behind L, Step L next to R, Cross R over L |

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| 7, 8 | Step L to left as you bump hips to left, bump hips to left (finish with weight over L) |

**[17-24] Behind, Side, Skate x3, Body Roll, Together, Heel, Together, Step (6:00)**

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| 1&2 | Cross R behind L, Step L to left, Step R to right as you turn 1/8 right (7:30) |

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| 3, 4 | Step L to left as you turn 1/2 left (4:30), Step R to right as you turn 1/8 right (7:30) |

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| 5-6 | Body Roll to Left: Start with shoulders and move down toward hips (finish with weight over L) |

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| &7, &8 | Step R next to L as you turn 1/8 left (6:00), Touch L heel to front, Step L next to R, Step R in front of L |

**[25-32] 1/4 Pivot, Hold, Step, Cross, Snap, Unwind, Twist x2, Step Back, Together (6:00)**

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| 1-2 | Swivel both feet 1/4 L keeping weight over both (3:00), Hold |

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| &3, 4, | Step L next to R, Cross R over L, Snap your fingers |

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| 5, 6, | Unwind 1/4 left (12:00), Twist both feet 1/4 left (9:00) |

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| 7, 8& | Twist both feet 1/4 left (6:00), Step R back, Step L together |

**NOTE: The TAG and ALL of the RESTARTS will occur while facing the front wall!**

**RESTART after first 16 counts on walls 2, 6, and 10 (after he sings, “I FEEL…” restart on “GOOD”).**

**TAG happens after the first 16 counts on wall 4.**

**[1-8] Toe Strut In Place and Slide Together x2, Front Toe Touch, \*Hold\* (12:00)**

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| 1, 2& | Touch R toe forward, Set R heel down, Slide R next to L |

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| 3, 4&, 5 | Touch L toe forward, Set L heel down, Slide L next to R, Touch R toe forward |

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| 6-8 | Look around confused and shout with the song, “Uh, excuse me. Can someone bring the beat back?” Have fun! |

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