|  |  |
| --- | --- |
| I Feel Good |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 48 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Trevor Thornton (USA) - September 2015 | | | | |
| **Music:** | I Feel Good (feat. LunchMoney Lewis) - Thomas Rhett | | | | |
| . | | | | | | |

**Count In: 16 ct intro (start on lyrics)**

**Notes: If dancing to Music video track, add Tag!**

**[1 – 8] BALL WALK X2, STEP LOCK STEP, 1/2 TURN, SLIDE TOGETHER, POINT ½ UNWIND.**

|  |  |
| --- | --- |
| & 1 2 | Step on Ball of R (&) Step fwd on L (1) Step fwd on R (2) 12 |

|  |  |
| --- | --- |
| 3 & 4 | Step fwd on L (3) lock R behind L (&) Step fwd on L (4) 12 |

|  |  |
| --- | --- |
| 5 6 | Make a ½ turn L stepping back on R (5) Slide L next to R to touch (6) 6 |

|  |  |
| --- | --- |
| 7 8 | Point L toe back (7) Unwind a ½ turn L taking weight on L (8) 12 |

**\*Restart Wall 3, facing 12:00 dance first 8, then re-start!**

**[9 – 16] ¼ TURN L, SLIDE R, TRIPLE L,CROSS POINT, SIDE POINT, CROSS ROCK, RECOVER ¼ R**

|  |  |
| --- | --- |
| 1 2 | ¼ R as you slide to the R (1) Touch L next to R (2) 9 |

|  |  |
| --- | --- |
| 3 & 4 | Step L to L (3) Step R next to L (&) Step L to L (4) 9 |

|  |  |
| --- | --- |
| 5 6 | Point R toe fwd crossing L foot (5) Point R toe to R side (6) 9 |

|  |  |
| --- | --- |
| 7 & 8 | Cross R over L rocking forward (7) Recover weight to L (&) Step R to R making ¼ turn R (8) 12 |

**[17 – 24] STEP, PIVOT ¼ TURN R, CROSS ROCK, 1/4 L, ROCK FWD, BALL STEP ¼ R**

|  |  |
| --- | --- |
| 1 2 | Step fwd on L (1) Pivot ¼ turn R (2) 12/3 |

|  |  |
| --- | --- |
| 3 & 4 | Rock L over R (3)Recover on R (&) Step L making ¼ turn L (4) 3/12 |

|  |  |
| --- | --- |
| 5 6 | Rock fwd on R (5) Recover weight to L (6) 12 |

|  |  |
| --- | --- |
| & 7 8 | Step R next to L (&) Step fwd on L (7) Pivot ¼ turn R (8) 12/3 |

**Styling Count 8, keep weight to the Left.**

**[25 – 32] BALL CROSS, HOLD, CROSS, SIDE STEP, ¼ TURN SAILOR, HOLD, BALL STEP.**

|  |  |
| --- | --- |
| & 1 2 | Step R to inside of L (&) Cross L over R (1) Hold (2) 3 |

|  |  |
| --- | --- |
| & 3 4 | Slight step to R with R (&) Cross L over R (3) Step to the R with R (4) 3 |

|  |  |
| --- | --- |
| 5 & 6 | Step L behind R (5) ¼ turn L with R (&) Step fwd on L (6) 12 |

|  |  |
| --- | --- |
| 7 & 8 | Hold (7) Slight step fwd on R (&) Step forward on L (8) 12 |

**[33 – 40] WALK X2, CHASE TURN L, ½ TURN R X2, ¼ TURN R, TRIPLE**

|  |  |
| --- | --- |
| 1 2 | Step fwd R (1) Step fwd L (2) 12 |

|  |  |
| --- | --- |
| 3 & 4 | Step fwd R (3) ½ turn pivot L (&) Step fwd on R (4) 6 |

|  |  |
| --- | --- |
| 5 6 | ½ turn R stepping back on L (5) 12:00, ½ turn R stepping fwd on R (6) 6:00 12/6 |

|  |  |
| --- | --- |
| 7 & 8 | 1/4 turn R stepping L to L (7) Step R next to L (&) Step L to L (8) 9 |

**[41-48] R SAILOR STEP, ¼ TURN SAILOR L, KICK BALL SIDE STEP, HOLD, (BODY ROLL)**

|  |  |
| --- | --- |
| 1 & 2 | Step R behind L (1) Step L to L side (&) Step R to R (2) 9 |

|  |  |
| --- | --- |
| 3 & 4 | Step L behind R (3) ¼ turn L stepping R to R (&) Step fwd on L (4) 6 |

|  |  |
| --- | --- |
| 5 & 6 | Kick R fwd (5) Step down on R (&) Step to L with L (6) 6 |

|  |  |
| --- | --- |
| 7 8 | Hold for 2 counts, or body roll head to toe, (7, 8) (Keep weight even for body roll) 6 |

**Hope you enjoy! Don’t forget the Re-start! You can’t miss it, you can hear it in the music! ;)**

**(If dancing to Music video track, you will need to either dance through it or add 4 ct tag. Rocking chair)**

**Contact ~ Email: TrevorT17@yahoo.com - Phone: (+1) 407-590-4753**

**Last Update – 7th Nov. 2015**