# Feelin Good

**Count:** 88 **Wall:** 1 **Level:** Phrased Intermediate
**Choreographer:** Kayla Cosgrove (USA) - January 2016
**Music:** Feelin' Good - Christina Grimmie

**Sequence: A-, A, B, C, B, A Restart, A, B, C, B, TAG, B, C, B, B, C, B**
**#16 Count Intro**

**A (40 Counts)**
**A1: Right Side Rock, Behind, Side, Cross , Walk Forward Left Right, ¾ Spiral Turn Over Left**

| | |
|---|---|
| 1,2 3&4 | Rock right foot to right side(1) recover weight onto left foot(2) Step right foot behind left(3) quickly step left foot to left(&) Cross right foot over left(4) |
| 5,6,7,8 | Step left foot forward(5) Step right foot forward(6) keeping the weight on the ball of the right foot, spiral turn ¾ turn over the left shoulder, end with left toe crossed over right foot(7,8) Facing 3 o'clock wall |

**A2: Left Lock Forward, Step Side, Tap, ¼ Left, Toe Taps Out And Out, Kick Ball Cross (restart here)**

| | |
|---|---|
| 1&2, 3&4 | Step left foot forward(1) quickly lock right foot slightly behind left(&) step left foot forward(2) Step right foot to right side(3) Tap left toes next to right instep(&) Make a ¼ turn left stepping forward on left foot(4) Facing 12 o'clock |
| 5&6&7&8 | Tap right toes out to right side(5) Quickly bring right foot in with weight(&) Tap left toes out to left side(6) Quickly bring left foot in with weight(&) Kick right foot low and on right angle(7) Quickly step down on ball of right foot(&) Cross left foot over right(8) Facing 12 o'clock |

**A3: Back Right, 3/8 Turn Over Left (Back Corner) 1 ½ Turn Over Left**

| | |
|---|---|
| 1,2,3,4 | Step right foot back(1) turn 3/8 left stepping forward on Left(2) turn ½ left stepping back on Right(3) 1/2 left stepping forward on Left(4) |
| 5,6,7,8 | Step Right Forward(5) Pivot ½ turn over left shoulder shifting the weight forward onto the left foot(6) walk forward Right foot towards front corner of the room(7) Cross left foot over right to straighten out to the front wall(8) sassy attitude |

**(Easy Option: 3/8 turn over left (back corner) Walk forward Right, Left, Step right pivot 1/2 left, Walk forward left, Cross Right over to straighten out to 12 o'clock)**

**A4: Side Cross Side, Back Cross Back, 4 Walks Back**

| | |
|---|---|
| 1&2, 3&4 | Step right foot to right side(1) quickly cross left foot over right(&) step right foot out to right side(2) Step left foot slightly back on left angle(3) moving slightly back, cross right foot over left(&) step left foot slightly back(4) |
| 5,6,7,8 | Walk back, Right, Left, Right, Left (small sassy steps) Facing 12 o'clock |

**A5: &Touch ½ Turn, Back Rock With Look, Forward Rock, 1 ½ Turn Over Left With Stomp**

| | |
|---|---|
| &1,2,3,4 | Quickly step down on right(&) touch left toes back, lift right toes up(1) turn ½ left weight to right foot(2) Facing back wall Rock left foot back, looking over left shoulder(3) recover weight to right(4) |
| 5,6,7&8 | rock left foot forward(5) recover weight to the right(6) ½ turn left steeping slightly forward left(7) ½ turn left stepping slightly forward right(&) ½ turn left stomping left foot down(8) Facing 12 o'clock |

**(Easy Option: ½ turn shuffle over left**

**[A -] Remove the last 8 Counts of A**

**B (12 Counts)**
**B1: Run x3 Hitch, Run x3, Angle Back Touches**

| | |
|---|---|
| 1&2&3&4 | Small running step forward right(1) Small running step forward left(&)Small running step forward right(2) hitch left knee up(&) Small running step forward left (3) Small running step forward right(&) Small running step forward left(4) (Option: Hitch right knee up(&) its quick!) |

5&6&7&8 small step back right on right angle(5) tap left toes to right foot(&) small step back left on left angle(6) tap right toes to left foot(&) small step back right on right angle(7) tap left toes to right foot(&) step left foot out and back while lifting your right toes up(8) Facing 12 o'clock

**B2: Behind Side Cross, Side Rock Cross**

1&2, 3&4 Cross right foot behind left(1) step left foot to left side(&) cross right foot over left(2) Rock left foot to left side(3) recover weight to right(&) Cross left foot over right(4) Facing 12 o'clock

**C (36 Counts)**

**C1: Right Side Rock Cross, Left Side Rock Cross, Syncopated Weave Right**

1&2, 3&4 Rock right foot out to right side(1) Recover weight to left foot(&) Cross right foot over left(2) Rock left foot out to left side(3) recover weight to right(&) cross left foot over right(4)

5&6&7&8& Step right foot to right side(5) cross left foot behind right(&) Step right foot to right side(6) cross left foot over right(&) Step right foot to right side(7) cross left foot behind right(&)Step right foot to right side(8) cross left foot over right(&)

**C2: Side Rock, Behind Side Cross, ¼ Turn Left Shuffle, Right Shuffle ¼ Left**

1,2 3&4 Rock right foot to right side(1) Recover weight to left(2) Step right foot behind left(3) step left to left side(&) Cross right foot over left(4) (think of these 2 shuffles as making the letter "J" on the dance floor, where you start at the top of the "J")

5&6, 7&8 Make a ¼ left stepping left foot forward(5) Bring right foot together(&) Step Right foot forward(6) Making another ¼ left shuffle Left(7) bring right together(&) Step left foot forward(8) 6 O'clock Wall

**C3: 2 Walks, Right Shuffle, Right Double Kick, Behind Side Cross**

1,2 3&4 Walking in a ½ circle, walk forward left ¼ turn left(1) Walk forward right ¼ turn left(2) Shuffle to right corner of the room stepping left foot forward(3) Bring right foot together(&) Step left foot forward(4) Facing 1:30

5&6,7&8 Lifting your right knee up, Kick right foot forward(5) bring the right heel back(&) Kick right foot forward(6) Step right foot behind left(7) Step foot left to left side(&) Cross right foot over left(8)

**C4: Left Double Kick, Behind Side Cross, Right Double Kick, Behind Side Cross**

1&2, 3&4 Facing 10:30 Lifting your left knee up, Kick left foot forward(5) bring the left heel back(&) Kick left foot forward(6) Step left foot behind left(7) Step right foot to right side(&) Cross left foot over right(8)

5&6 7&8 Facing 1:30 Lifting your right knee up, Kick right foot forward(5) bring the right heel under your right thigh(&) Kick right foot forward(6) Step right foot behind left(7) Step left foot to left side(&) Cross right foot over left(8) Straighten out to 12 O'clock

**C5: Rock Recover, Full Turn Coaster Step**

1,2, 3&4 Rock forward on left foot(1) Recover weight back onto right foot(2) Step half turn left over the left shoulder(3) Step ½ turn left over the left shoulder bringing right foot together(&) Step left foot forward(4) (Easy Option: Rock forward on left, recover back on right, step left foot back, step right back and together, step left forward)

**TAG: 44 counts**

**Sassy Hips**

1,2,3,4 As you step right foot to right side and start to swing hips around in a semi-circle rotation to the right(1) Finish bringing hips to the right, settling the weight onto the right foot(2) Step left foot to left side and start to swing hips around in a semi-circle rotation to the left(3) Finish bringing hips around the left settling weight onto left foot(4)

5,6,7,8 Repeat count 1-4 above

**¾ Box Turn With Body Rolls**

1,2,3,4 Step right foot to right side(1) Side body roll to the right(2) ¼ turn left stepping left to left side(3) Side body roll left(4) Facing 9 o'clock wall

5,6,7,8 ¼ left stepping right to right side(5) Side Body roll to the right(6) Facing 6 o'clock ¼ left stepping left to left side(7) Side body roll to the left(8) Facing 3 o'clock

**Side, Behind Side Cross, 1/4 Turn Sailor, Kick Ball Change**

1, 2&3, 4 Step right to right side(1) Step left foot behind right(2) Step right to right side(&) Cross left over right(3) Step right to right side(4)

5&6, 7&8 Bring left foot behind right making a ¼ turn left(5) Step right foot slightly out to right side(&) Step left foot slightly out to right(6) Kick Right forward(7) quickly step down and slightly back on right(&) Step down of left foot(8) (Styling: Kick Ball Change: When you step right back, open up the hips to the right and bring right shoulder slightly back. Give a slight bend in the left knee. Think "presenting" your left knee)

**Repeat Above 16 Counts**

**(&) Side Rock, Recover Full Triple Turn Left**

&1,2 3&4 Quickly step down on right foot(&) Rock left to left side, with right toes up on right foot(1) Recover weight to right(2) Turn a full turn over the left shoulder on the spot ¼ turn left(3) ½ turn left(&) ¼ turn left(4)

**(Easy option: Side Rock left, Recover right, Left sailor step: Step left Behind right, Step right to right side, Step left out and slight forward)**

**Optional Ending: Dance will end with artist singing "I'm feelin' good" and you will have just completed B with right foot crossed over left. Step Right foot to right side and roll right shoulder forward and up, then around and down as you sit into your right leg.**

**Contact: kaylacosgrove@live.com**