

It Feels Good

Count: 32

Wall: 4

Level: Improver

Choreographer: Donna M. Ruane - August 2015

Music: It Feels Good - Drake White : (Single - Republic Records)



Start dance 24 counts in (on lyrics). CW rotation.

NOTE: After completing dance sequence twice (facing 6:00), one 16 count tag.

(1-8) SIDE SHUFFLE RIGHT, BEHIND, SIDE, LEFT CROSSING SHUFFLE, RIGHT SCISSOR CROSS.

1&2 Step right to right side, step left next to right, step right to right side.

3-4 Step left behind right, step right to right side.

5&6 Cross left over right, step right to right side, cross left over right.

7&8 Step right to right side, slide left to right, cross right over left (weight on right).

(9-16) LEFT AND RIGHT TOE STRUTS/JERKS X2 ON DIAGONAL (10:30), LEFT FORWARD ROCK RECOVER, LEFT BACK COASTER SQUARING TO 12:00.

1-2 Turn 1/8 left and touch left toe forward (lift right arm above head). Lower left heel (contract ribs/abs and with jerk motion bring arm down).

3-4 Touch right toe forward (lift left arm above head). Lower right heel (contract ribs/abs and with jerk motion bring arm down).

5-6 Rock forward left (still on diagonal), recover right.

7&8 Step left back, step right back next to left, turn 1/8 right and step left forward (12:00).

(17-24) STEP FORWARD RIGHT ½ TURN, RIGHT LOCK STEP, LEFT HIP BUMP W/CLAPS TWICE, RIGHT HIP BUMP W/CLAP.

1-2 Step right forward, turn left ½ (weight on left). (6:00)

3&4 Step right forward on right diagonal, slide/lock left behind right, step right forward.

5&6 Step left to left side as you bump hip left and lift right heel (5) and clap twice (&6).

7-8 Shift weight right as you bump hip right and lift left heel (7) and clap (8).

(25-32) LEFT ¼ LEFT SAILOR, SKATES RIGHT AND LEFT, RIGHT TOE AND LEFT HEEL AND RIGHT TOE, RIGHT HEEL SWIVEL WITH HIP BUMP.

1&2 Sweep left turning ¼ left, step left behind right, step right to right side, step left to left side (9:00).

3-4 Skate right, skate left.

5&6& Touch right toe next to left, step right next to left, tap left heel forward, step left next to right.

7&8 Touch right toe slightly forward. Bump right hip up and swivel right heel out and left knee in (arms swing low across body from left to right). Lower right hip down and heel back to center (arms swing low across body from right to left). (Weight should be remain on left for 7&8 counts).

Repeat.

TAG: After completing dance sequence twice, (facing 6:00), repeat tag twice.

RIGHT AND LEFT PONY, JERK TWICE, REPEAT.

1&2 Step right to right side, touch left (heel raised) next to right, step right down.

3&4 Step left to left side, touch right (heel raised) next to left, step left down.

5-6 Step right to right side (raise arms over head), hold (contract ribs/abs and with jerk motion bring arms down).

7-8 Step left to left side (raise arms over head), hold (contract ribs/abs and with jerk motion bring arms down).

The jerks can also be done feet together. End with weight on left.

ENDING: On 9th time through sequence, dance to count 29&. End dance on count 31, but instead of a touch, hitch knee.

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