

# Feeling Good

Compte: 72

Mur: 4

Niveau:

Chorégraphe: Su Marshall (NZ)

Musique: Feelin' Good About Feelin' Bad - Patty Loveless



## **SIDE, CROSS, BALL-CHANGE, CROSS, ¼ TURN & STRUT, STEP, ½ TURN**

- 1 Step left to side
- 2&3 Cross behind with right, step to left side, stamp right to side
- These last 1½ counts form a "ball-change"**
- 4 Cross behind with left
- &5-6 ¼ turn to the right & step forward on toes of right foot, step down on whole of right
- 7-8 Step forward on left, ½ turn to the right on ball of right foot

## **ROLLING TURN, HOLD, HIP BUMPS FORWARD & BACK**

- 1 ½ turn to the right & step back on left foot
- 2 ½ turn to the right & step forward on right foot
- 3-4 Stamp left foot forward, hold
- 5-6-7-8 Rock hips forward and back, forward and back

## **¼ TURN & TOE STRUT RIGHT, LEFT (LOW), TOE STRUT RIGHT, LEFT (HIGH)**

- 1-2 ¼ turn to the right & step forward on right toes, step down on whole of right foot
- 3-4 Step forward on left toes, step down on whole of left foot

### **Keep knees bent for all 4 counts**

- 5-6 Step forward on right toes, step down on whole of right foot
- 7-8 Step forward on left toes, step down on whole of left foot

**For these last 4 counts, straighten your knees. Click fingers on even counts**

## **EVEN-TIME COASTER, SCOOT, STEP, SLIDE CLOSE & STAMP**

- 1-2-3 Step back on right, close left to right, step forward on right
- 4 Hop forward on right (keeping close to ground - "scoot")
- 5 Step forward on left
- 6-7 (Using 2 counts) slide right foot up to left & lift right knee forward
- 8 Stamp close

## **HEEL, HEEL, SIDE, SIDE, STEP, CLOSE, HEAD TO RIGHT, HOLD**

- 1 Tap right heel forward
- &2 Hop onto right foot & tap left heel forward
- &3 Hop onto left foot & touch right toe to side
- &4 Hop onto right foot & touch left toe to side
- &5 Hop onto left foot & step forward on right
- 6 Close left to right
- 7-8 Turn head to face right side, hold

## **CRAB WALK TO LEFT, CRAB WALK TO RIGHT**

- 1 (Moving to left, head still facing right) with weight on left toe right heel move left heel & right toe to left side
- 2 Transfer weight to left heel & right toe, move left toe & right heel to left side
- 3 (Moving to right, head to front, upper body slowly leaning to left) with weight on left heel & right toe, move left toe & right heel to right side
- 4 Transfer weight to left toe & right heel, move left heel & right toe to right side
- 5-6-7-8 Repeat previous counts 2 more times (so you've used 6 counts moving to right side)

**¼ TURN & STEP, ½ TURN, STEP, SCOOT, HOLD, BALL-CHANGE, CROSS**

- 1                    ¼ turn to the right & step forward on right
- 2                    Scuff left foot forward
- 3                    ½ turn to the right on ball of right foot (leaving left behind)
- 4                    Step forward on left
- 5-6                Scoot forward on left, hold
- &7                Step down on right, step down on left
- 8                    Cross right in front of left

**UNWIND, HOLD, STAMP, STAMP, HOLD**

- 1-2                Unwind ½ turn to the left, hold
- &3                Stamp left close, stamp right to close
- 4                    Hold

**SIDE, CROSS, BALL-STAMP, CROSS, BALL-STAMP, CROSS, UNWIND ¾, JUMP**

- 1-2                Step left to side, cross right foot behind
- &3                Step left to side, stamp right in place
- 4                    Cross left foot behind
- &5                Step right to side, stamp left in place
- 6                    Cross right foot behind
- 7                    Unwind ¾ turn to the right
- 8                    Jump forward slightly on both feet

**JUMP SIDE, KICK, CROSS, BALL-CHANGE WITH ¼ TURN**

- 1                    Jump to left on left foot with right knee across left
- 2                    "Roll" right knee round to kick foot out to right side
- 3                    Cross right behind
- &4                ¼ turn to the right & step onto left, step forward on right

**REPEAT**

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