It Feels Good

拍数: 32

级数: Beginner

编舞者: Roger Neff (USA) - December 2016

音乐: It Feels Good - Drake White

Restart after 16 counts (instrumental section) on 3rd rotation

[1-8] Step R to R, L behind, Side Shuffle, Back Rock, KBC

- Step R to R, Step L behind R 1-2
- 3&4 Step R to R, Step L beside R, Step R to R
- 5-6 Rock back on L, Recover on R
- Kick LF fwd, Step on ball of LF, Step on RF 7&8

[9-16] Rock Fwd on L, Tap R Toe Behind, Recover on R, Touch L Heel Fwd, 2-Count Vine to L, Triple Step Turning ¼ to L

- Rock fwd on L, Tap R toe behind L, Recover on R, Touch L heel fwd 1-2-3-4
- 5-6.7&8 Step L to L, Step R behind L, Triple step L,R,L turning ¹/₄ to L (9:00)

RESTART HERE on 3RD ROTATION. YOU WILL BE FACING 9:00.

[17-24] Step Touches Turning ¼ to L, Step Touch Turning ¼ to L, Triple Step in Place (9:00)

- Step fwd on R, Turn ¼ to L and touch L toe beside R (6:00) 1-2
- 3-4 Step on L, Touch R beside L
- 5-6 Step fwd on R, Turn 1/4 to L and touch L toe beside R (9:00)
- 7&8 Triple step L,R,L in place

[25-32] Jazz Box Ending with Side Shuffle, Fwd Rock, Rec, Coaster Step

- 1-2 Step R over L, Step back on L
- 3&4 Step R, Step L beside R, Step R
- 5-6 Rock fwd on L, Rec on R
- 7&8 Step back on L, Step R back beside L, Step fwd on L

RESTART on 3rd rotation after 16 counts. You will be facing 9:00.

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