It Feels Good



拍数: 32 编数: 4 级数: Low Intermediate

编舞者: Autumn Walkinhood (USA) & Paula Frohn (USA) - June 2018

音乐: It Feels Good - Drake White



Starts on vocals.

Two Wizard Steps Forward, Heel Switches, R Toe Back, Pivot 1/2 R

1-2& Step R foot forward diagonally right, cross L foot behind R foot, step R foot forward diagonal

right

3-4& Step L foot forward diagonally left, cross R foot behind L foot, step L foot forward diagonally

left

5&6& Touch R heel forward, step R next to L, step L heel forward, step L next to R

7-8 Touch R toe back, pivot ½ turn R with weight on R (facing 6:00)

Step, Kick, R Coaster Step, Rock, Recover, ½ turn L with L Shuffle

9-10 Step forward L, kick R foot forward

11&12 Step R foot back, step L next to R, step R foot forward

13-14 Rock forward L, recover R

15-16 Turn ½ L while shuffling forward L-R-L (facing 12:00)

Restart in 3rd set, after 16 cts, will be facing 6:00!

Turn 1/4 Left, Vine RT, Touch & Clap, Full Turn Left, Clap, Clap & Touch

17-20 Turn ¼ L, step R foot side, cross L foot behind R foot, step L foot side, touch L toe next to R

foot & clap (facing 3:00)

21-22 Turn ¼ L, step L foot forward; turn ½ L, step R foot back

23-24 Turn ½ L, step L foot to side, clap, touch R toe next to L foot & clap (facing 3:00)

Toe-Heel-Stomps Forward- R Then L, Jazz Box

25&26	Touch R toe to instep of L foot, touch R heel to instep of L foot, stomp R foot forward
27&28	Touch L toe to instep of R foot, touch L heel to instep of R foot, stomp L foot forward
29-32	Cross R foot in front L foot, step L foot back, step R foot to side, step L foot forward

Start over!

For a finished ending to face starting wall, turn 1/4 right when making Jazz Box.

*Simple Variations to 25-28, Two Toe Struts

Touch R toe forward, lower R heel down, touch L toe forward, lower L heel down

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