

# How Good I Feel!

拍数: 32      墙数: 2      级数: High Beginner  
编舞者: Tess Duke - January 2019  
音乐: But I Feel Good - Groove Armada



This is the recommended and shortest version at 3:05.  
It is easy to download to your computer, and then copy to your desktop.  
Simply open and play on your preferred playlist.  
This I-o-n-g explanation represents countless hours of searching to find a shorter version elsewhere.  
But, the music is worth it!

Alternate music: Don't Stop Believin' by Journey (119 bpm)

Intro: 32 counts (both songs)

NOTE: Start the dance 1 beat after the 3rd time the singer says "Good!" during the intro.  
This is when the music starts.

## **S1] (1-8) CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE**

1, 2      Cross left over right, rock, recover right  
3 & 4      Chasse to the left  
5, 6      Cross right over left, rock, recover left  
7 & 8      Chasse to the right

## **S2] (9-16) CROSS ROCK, RECOVER, ¼ TURN LEFT CHASSE, PIVOT ¼ LEFT, CROSS SHUFFLE**

1, 2      Cross left over right, rock, recover right  
3 & 4      Chasse to the left, turning ¼ left (9:00)  
5, 6      Step forward right, pivot ¼ turn left (6:00)  
7 & 8      Cross Shuffle, (right over left, ball left, step right)

## **S3] (17-24) ROCK, RECOVER, TRIPLE ½ TURN LEFT, ROCK RECOVER, TRIPLE ½ TURN RIGHT**

1, 2      Rock forward left, recover right  
3 & 4      Triple step, (L-R-L), turning ½ turn left  
5, 6      Rock forward right, recover left  
7 & 8      Triple step (R-L-R), turning ½ turn right

**\* Easy Option: Forward rock recover, shuffle back, back rock recover shuffle forward**

## **S4] (25-32) ½ PIVOT 2x, STEP LEFT, STEP RIGHT, DOWN, DOWN, UP, UP**

1, 2      Step forward left, pivot ½ turn right, shifting weight to the right foot (12:00)  
3, 4      Step forward left, pivot ½ turn right (6:00)  
5, 6      Step forward left, step forward right, popping left knee out.  
& 7 & 8      Drop right shoulder down, left shoulder down, bending knees, and then right shoulder up, left shoulder up straightening knees, (do your own level of sassy here!)

**\*Easy Option: 1-4 LEFT ROCKING CHAIR: Left rock forward, recover right, left rock back, recover right**

**\*& 7 & 8: Alternate shimmies for the down, down, up, up, if desired.**

**HAVE FUN!**