## Everybody Feel Good

壇数： 1
级数：Phrased Intermediate／Advanced
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音乐：Feel Good－Jordan Smith ：（Album：Only Love）


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Note： 32 Count A－20 Count B－32 Count C－32 Count D－9ish count Tag occurring once <br> \#8 count intro to start on lyrics <br> Sequence: A - B - C - A - B - C - D - B - Tag - C - D with ending <br> \section*{Pattern A： 32 counts} <br> ［1－8］BALL，CROSS，FULL UNWIND，SIDE，BEHIND，SIDE BALL，CROSS， $3 / 4$ UNWIND，FWD，KICK <br> \begin{tabular}{ll}

\＆1－2－3 \& | （\＆）Step ball of $R$ to right side；1）Cross $L$ over $R ; 2$ ）Unwind full turn right transferring weight |
| :--- |
| to $R ; 3$ ）Step $L$ to left［12：00］ | <br>


$4 \& 5-6$ \& | 4）Cross $R$ behind $L ; \&)$ Step ball of $L$ to left；5）Cross $R$ over $L ; 6$ ）Unwind $3 / 4$ turn left |
| :--- |
| transferring weight to $L[3: 00]$ | <br>

$7-8$ \& 7）Step $R$ forward；8）Kick $L$ forward［3：00］
\end{tabular}

}
［9－16］ $1 / 4$ STEP，SWITCH 2X，CROSS，BALL ROCK，RECOVER，FWD ROCK，RECOVER， $11 / 2$ TRIPLE
TURN

| $\& 1 \& 2$ | （\＆）Turn $1 / 4$ left stepping L in place；1）Point $R$ to right；\＆）Step R next to L；2）Point L to left |
| :--- | :--- |
| $3 \& 4$ | ［12：00］ |
| $5-6$ | 3）Cross L over R；\＆）Turn $1 / 8$ left rocking R ball to right；4）Recover weight to L［10：30］ |
| $7 \& 8$ | 5）Rock $R$ forward；6）Recover weight to $L$ squaring up to 12 o＇clock |
|  | 7）Turn $1 / 2$ right stepping R forward；\＆）Turn $1 / 2$ right stepping L back；8）Turn $1 / 2$ right stepping |
| R forward［6：00］ |  |

［17－24］FWD ROCK（w／body roll），RECOVER，BACK，SIDE，CROSS，SIDE ROCK，¼ RECOVER，½ BACK， LOCK，BACK
1－2－3\＆4
1）Rock $L$ forward（style with fwd body roll）；
2）Recover to R；
3）Step L back；
\＆）Step R to right；4）Cross L over R［6：00］
5－6 5）Rock $R$ to right（style by looking right）；6）Turn $1 / 4$ left as you recover to $L$［3：00］
\＆7－8（\＆）Turn $1 / 2$ left stepping ball of $R$ back；7）Lock $L$ over R；8）Step R back［9：00］
［25－32］SIDE，CROSS，SIDE，½ SAILOR， $5 / 8$ FWD，½ BACK，BACK，CLOSE，1／8 CROSS

| $\& 1-2$ | （\＆）Step $L$ to left；1）Cross $R$ over $L ; 2$ ）Step $L$ to left［9：00］ |
| :--- | :--- |
| $3 \& 4$ | 3）Cross $R$ behind $L ; \&$ ）Turn $1 / 4$ right stepping $L$ next to $R ; 4$ ）Turn $1 / 4$ right stepping $R$ slightly |
| across $L$（prep right）［3：00］ |  |
| $5-6$ | 5）Turn $5 / 8$ left stepping $L$ forward；6）Turn $1 / 2$ left stepping $R$ back［1：30］ |
| $\& 7-8$ | （\＆）Step $L$ back；7）Step $R$ next to $L$ pushing hips back； 8 ）Turn $1 / 8$ left crossing $L$ over $R$ <br> ［12：00］ |

Pattern B： 20 counts
［1－8］SLOW NIGHTCLUB BASIC， $1 / 4$ FWD w／SWEEP，CROSS， $1 ⁄ 4$ BACK

| 1－2－3－4 | 1）Step R a big step to right side；2）Hold；3）Step $L$ back slightly behind $R$ ；4）Step R across |
| :--- | :--- |
| L［12：00］ |  |
| 5 | 5）Turn $1 / 4$ left stepping $L$ forward as you begin sweeping $R$ forward；6）Hold continuing $R$ |
|  | sweep forward $[9: 00]$ |
| $7-8$ | 7）Cross $R$ over $L ; 8$ ）Turn $1 / 4$ right stepping $L$ back［12：00］ |

[^0]| 3\&4 | 3) Step $L$ to left; \&) Step $R$ next to L; 4) Step $L$ to left [12:00] |
| :---: | :---: |
| 5\&6\& | 5) Turn $1 / 4$ left stepping $R$ to right; \&) Touch $L$ next to $R ; 6$ ) Turn $1 / 4$ left stepping $L$ to left; \&) Touch R next to L[6:00] |
| 788 | 7) Turn $1 / 4$ left stepping $R$ to right; \&) Touch $L$ next to $R ; 8$ ) Turn $1 / 4$ left stepping $L$ to left [12:00] |
| 1\&2\&3\&4 | 1) Step $R$ fwd toward right diagonal; \&) Lock $L$ behind $R ; 2)$ Step $R$ fwd toward right diagonal; \&) Step L fwd toward left diagonal; 3) Lock $R$ behind $L ;$ \&) Step $L$ fwd toward left diagonal; 4) Step R forward toward 12 o'clock |

Pattern C: 32 counts
[1-9] FWD, KICK, STEP, ROCK, RCVR, KICK, STEP, ROCK, RCVR, KICK, STEP, POINT, ROCK, RCVR, $1 / 4$ FWD
1-2\&3\& 1) Step $L$ forward; 2) Kick $R$ forward; \&) Step $R$ forward; 3) Rock ball of $L$ to left side (slightly back); \&) Recover weight to R [12:00]
4\&5\& 4) Kick $L$ forward; \&) Step $L$ forward $L ; 5$ ) Rock ball of $R$ to right side (slightly back); \&) Recover weight to L [12:00]
6\&7 6) Kick $R$ forward; \&) Step $R$ forward; 7) Point $L$ to left side [12:00]
8\&1 8) Cross rock L over R; \&) Recover weight to R; 1) Turn ¼ left stepping L forward [9:00]
[10-17] KICK, STEP, ROCK, RCVR, KICK, STEP, ROCK, RCVR, KICK, STEP, POINT, ROCK, RCVR, $1 / 4$ FWD
2-9 Repeat counts 2-9 above [6:00]
[18-25] KICK, STEP, ROCK, RCVR, KICK, STEP, ROCK, RCVR, KICK, STEP, POINT, ROCK, RCVR, ¼ FWD
2-9 $\quad$ Repeat counts 2-9 above [3:00]
[26-32] FWD, FWD, PIVOT $3 / 4$, SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, BIG STEP, DRAG
2-3-4
2) Step $R$ forward; 3) Step $L$ forward; 4) Turn $3 / 4$ right taking weight on $R$ [12:00]
5\&6\& 5) Rock L to left; \&) Recover weight to R; 6) Cross rock L over R; \&) Recover weight to R [12:00]

7-8 7) Big step $L$ to left; 8) Drag $R$ toward $L$ keeping weight on $L$ [12:00]
Pattern D: 32 counts
[1-8] DIAGONAL CAMEL WALK R-L, SHUFFLE, FWD LUNGE, PIVOT ½, ½ BACK, ½ FWD
1-2 1) Turn 1/8 left stepping $R$ forward as you pop $L$ knee forward; 2) Step $L$ forward as you pop R knee forward [10:30]
3\&4 3) Step R forward; \&) Step L next to R; 4) Step R forward [10:30]
5-6
5) Step/lunge $L$ forward throwing arms up "hallelujah"; 6) Turn $1 / 2$ right taking weight on $R$ [4:30]
7-8 7) Turn $1 / 2$ right stepping L back; 8) Turn $1 ⁄ 2$ right stepping $R$ forward [4:30]
[9-16] DIAGONAL CAMEL WALK L-R, SHUFFLE, FWD LUNGE, PIVOT ½, ½ BACK, ¼ FWD

1) Step $L$ forward as you pop $R$ knee forward; 2) Step $R$ forward as you pop $L$ knee forward [4:30]
3\&4 3) Step L forward; \&) Step R next to L; 4) Step L forward [4:30]
2) Step/lunge $R$ forward throwing arms up "hallelujah"; 6) Turn $1 / 2$ left taking weight on $L$ [10:30]
7-8
3) Turn $1 / 2$ left stepping $R$ back; 8) Turn $1 / 4$ left stepping $L$ forward $[1: 30]$
[17-24] DIAGONAL CAMEL WALK R-L, SHUFFLE, FWD LUNGE, PIVOT ½, ½ BACK, ½ FWD
4) Step $R$ forward as you pop $L$ knee forward; 2) Step $L$ forward as you pop $R$ knee forward [1:30]
3\&4
5) Step $R$ forward; \&) Step $L$ next to $R ; 4$ ) Step $R$ forward [1:30]

5-6 5) Step/lunge $L$ forward throwing arms up "hallelujah"; 6) Turn $1 / 2$ right taking weight on $R$ [7:30]
7-8 7) Turn $1 / 2$ right stepping $L$ back; 8) Turn $1 / 2$ right stepping $R$ forward [7:30]
[25-32] DIAGONAL CAMEL WALK L-R, SHUFFLE, STEP PIVOT WITH HIP CIRCLE 2X
1-2 1) Step $L$ forward as you pop $R$ knee forward; 2) Step $R$ forward as you pop $L$ knee forward [7:30]
3\&4 3) Step L forward; \&) Step R next to L; 4) Step L forward [7:30]
5-6 5) Step R forward starting hip circle counter clockwise; 6) Continue circling hips as you turn $1 / 4$ left taking weight on L [4:30]
7-8 7) Step R forward starting hip circle counter clockwise; 8) Continue circling hips as you turn $3 / 8$ left taking weight on $L$ [12:00]

Tag: After the 3rd time you do part B do the following tag then begin part C
[1-9ish] FWD, LOCK, SLOW UNWIND, STEP WITH HIP CIRCLE, LUNGE w/KNEE OUT-IN-OUT, DRAG
\&1-2-3 (\&) Step L forward; 1) Lock R behind L; 2-3) Slow unwind full turn right on the spot weight ends on $R$ [12:00]
4-5-6 4) Step L to left as you begin hip circle counter clockwise; 5-6) Continue hip circle [12:00]
7\&8-9 7) Lunge left as you pop L knee out; \&) Pop L knee in; 8) Pop L knee out; 9ish) Drag L toward $R$ keeping weight on $R$ [12:00]
Note: There is not a clear beat! So focus on hitting the vocals taking your time going into pattern C stepping L forward as the beat kicks back in.

Ending: During the final D pattern, dance the entire pattern as written through count 28. Replace counts 29-31 with the steps below:
[29-31] 5\&6\&) Take 4 small steps forward R-L-R-L arcing $1 / 2$ left to face $1: 30 ; 7$ ) Turn $1 / 8 L$ stepping $R$ to right hitting a pose. [12:00]
Sequence: A-B-C-A-B-C-D-B-Tag-C-D with ending
Enjoy :-)
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[^0]:    ［9－20］DIAGONAL BACK，TOUCH，CHASSE，¼ SIDE w／TOUCH 3X，¼ SIDE，SYNCOPATED LOCKS FWD， STEP
    1－2 1）Step $R$ a big step back diagonally toward $4: 30$ ；2）Touch $L$ next to $R$ snapping fingers ［12：00］

