It Feels Good

拍数: 32

级数: Beginner

编舞者: Jenergy (USA) - April 2019

音乐: It Feels Good - Drake White

#16 count Count Intro

SECTION 1: STEP R forward diagonal, Tap L Heel (clapping twice), STEP L TOUCH BACK R

- 1-2& Step R forward to R Diagonal, Tap L heel if front of R clapping twice on 2&
- 3-4 Step L back to starting position, Tap R Toe behind L clapping twice on 2&
- 5-6& 7-8& REPEAT steps 1-2& 3-4&

SECTION 2: VINE R (touch), VINE L ¼ BRUSH R (9:00)

- 1-4 Step R to R side, Step L behind R, Step R to R Side, Touch L to R
- 5-8 Step L to L side, Step R behind L, Step L to L side, 1/4 turn L while brushing R

SECTION 3: ROCKING CHAIR, WALK R L, STOMP R 2x

- 1-2 Step R forward, Recover L in place,
- 3-4 Step R back, Recover L in place
- 5-6 Walk forward R, Walk forward L
- 7-8 Stomp R twice

SECTION 4: 1/4 turn R with 2 hip Rolls, R JAZZBOX

- 1-2 Roll hips counter clock ways (L-R) as you turn toward back wall 6:00
- 3-4 Continue with another hip roll counter clock ways (L-R) as you turn toward back wall 6:00
- 5-6 Facing 6:00 Cross R over L, Step L back to L diagonal
- 7-8 Step R out to R side, Step forward L slightly forward ready to begin dance.





墙数:2