Good Feelings



编舞者: Fred Whitehouse (IRE) - December 2019

音乐: Good Vibes (Good Feeling) (feat. Craig Smart) (DJ Antoine vs Mad Mark 2k19

Mix) - DJ Antoine : (Single)



Intro – 16 counts from start of track

[1-8] Rock, Recover,	Cha	Cha.	x2
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1,2	Rock RF to F	R side	recover on	to I
1,4		v Side,		

3&4 Step RF next to L, step LF in place, step RF in place

5,6 Rock LF to L side, recover on to R

7&8 Step LF next to R, step RF in place, step LF in place

[9-16] Out, Out, In, In, Cha Cha Forward R, Cha Cha Forward L

1,2 Step RF to R diagonal, step LF to L diagonal

3,4 Step RF back, close LF next to R

Step RF forward, close LF behind R, step RF forwardStep LF forward, close RF behind L, step LF forward

Restart During Wall 5 Facing 12.00

[17-24] Jazzbox 1/4 Turn R, Shoop, Clap

1.2	Cross RF over I	. step LF to L side
1.2	CIUSS RE UVELL	. SIED LF IO L SIGE

3,4 ¼ turn R stepping RF to R side, cross LF over R
5,6 Step RF to R diagonal, close LF next to R
7,8 Step RF to R diagonal, close LF next to R (clap)

[25-32] Shoop, Clap, Double Hip Bump R, Double Hip Bump L

1,2 Step LF to L diagonal, close RF next to L

3,4 Step LF to L diagonal, close RF next to L (clap) square up to 3.00
 5&6 Step RF to R side with hip bump, recover weight on L, hip bump R

7&8 Hip bump L, recover weight on R, hip bump L (counts 5-8 is double hip bump R, double hip

bump L weight should end on L facing 3.00)

Smile and have some fun

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