

## THEPage



Approved by:

## Regime Feel Good Again

2 WALL – 64 COUNTS – IMPROVER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
<b>Section 1</b> 1 – 2 3 – 4 5 – 8	Side, Drag, Back Rock, Grapevine Cross Step right to side. Drag left up to right. Rock back on left. Recover onto right. Step left to side. Cross right behind left. Step left to side. Cross right over left.	Side Drag Rock Back Grapevine Cross	Right On the spot Left
<b>Section 2</b> 1 & 2 3 & 4 5 - 6 7 - 8	Rock & Cross x 2, Diagonal Sway Touch x 2  Rock left to side. Recover onto right. Cross left over right.  Rock right to side. Recover onto left. Cross right over left.  Sway left diagonally to side. Touch right beside left.  Sway right diagonally to side. Touch left beside right.	Rock & Cross Rock & Cross Sway Touch Sway Touch	Forward On the spot
<b>Section 3</b> 1 – 2 3 – 4 5 – 8	Side, Drag, Back Rock, Grapevine Cross Step left to side. Drag right up to left. Rock back on right. Recover onto left. Step right to side. Cross left behind right. Step right to side. Cross left over right.	Side Drag Rock Back Grapevine Cross	Left On the spot Right
<b>Section 4</b> 1 & 2 3 & 4 5 - 6 7 - 8	Rock & Cross x 2, Diagonal Sway Touch x 2  Rock right to side. Recover onto left. Cross right over left.  Rock left to side. Recover onto right. Cross left over right.  Sway right diagonally to side. Touch left beside right.  Sway left diagonally to side. Touch right beside left.	Rock & Cross Rock & Cross Sway Touch Sway Touch	Forward On the spot
<b>Section 5</b> 1 - 2 3 - 4 5 - 6 7 - 8	Rolling Vine Right & Left With Touch Step right to side turning 1/4 right. Turn 1/2 right stepping left back. Turn 1/4 right stepping right to side. Touch left beside right. Step left to side turning 1/4 left. Turn 1/2 left stepping right back. Turn 1/4 left stepping left to side. Touch right beside left.	Quarter Half Quarter Touch Quarter Half Quarter Touch	Turning right Turning left
<b>Section 6</b> 1 – 4 5 – 7 8	Rumba Box With Taps Step right to side. Step left beside right. Step right forward. Tap left beside right. Step left to side. Step right beside left. Step left back. Tap right beside left (weight on left).	Side Together Step Tap Side Together Back Tap	Forward Back On the spot
<b>Section 7</b> 1 – 4 5 – 8	Paddle 1/8 x 2, Jazz Box Hold Step right forward. Pivot 1/8 left. Step right forward. Paddle 1/8 left. (9:00) Cross right over left. Step left back. Step right to side. Hold.	Step Paddle Step Paddle Jazz Box Hold	Turning left On the spot
<b>Section 8</b> 1 – 4 5 – 8	Jazz Box Hold, Paddle 1/8 x 2 Cross left over right. Step right back. Step left to side. Hold. Step right forward. Pivot 1/8 left. Step right forward. Pivot 1/8 left. (6:00)	Jazz Box Hold Step Paddle Step Paddle	On the spot Turning left

Choreographed by: Rene and Reg Mileham (UK) May 2014

**Choreographed to:** 'Good Again' by Anne Murray (106 bpm) from CD Anne Murray; download available from amazon or iTunes

(32 count intro)



A video clip of this dance is available at www.linedancermagazine.com