

Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Feel Good Cha

48 Count, 4 Wall, Intermediate Choreographer: Jennifer Choo Sue Chin (MY) Mar 2012

Choreographed to: I Feel Good by Mirko Casadei, CD: The Ultimate Latin Album 10

Intro: Phrase:	Song will start with a scream and "I Feel Good!" Start on the vocal "Good". : 48, 48, 48, 48, 48, 48, Tag (&16 + &16), 32**, 32**.
Set 1: 1-2&3&	Side, Rocking Chair, Back, ¼R, Fwd Shuffle Step LF to L, Cross rock RF over LF, Recover on LF, RF back rock to diag R, recover on LF (10:30)
4&5 6-7	Cross rock RF over LF, Recover on LF, RF take a big step back to diag R (10:30) Step LF behind RF, execute slightly more than ¼R shifting weight stepping RF next to LF (3:00)
8&1	Step LF fwd, Lock RF behind LF, Step LF fwd
Set 2: 2& 3& 4&5	Right heel swivels, Both heels swivels, ½L, back rock, L chasse Touch R toe in front of LF and swivel R heel out, Swivel right heel in, Swivel R heel out, Swivel right heel in Swivel both heels to right, swivel both heels left, swivel both heels to right into a ½ L weight on RF (9:00)
6-7 8&1	LF back rock, recover on RF Step LF to L, Step RF next to L, Step LF to L
Set 3: 2&3& 4&5 6-7 8&1	Long lock steps, rock recover, 1/4 Sailor Step RF fwd, Lock LF behind RF, Step RF fwd, Lock LF behind RF Step RF fwd, Lock LF behind RF, Step RF fwd Rock LF fwd, Recover on RF Step LF behind RF, 1/4 L stepping RF next to LF, Step LF to L (6:00)
Set 4: 2&3& 4&5 6&7-8 Restart	Weave to L, L Mambo touch, Step Cross RF in front of LF, Step LF next to RF, Step RF behind LF, Step LF next to RF Cross RF in front of LF, Step LF next to RF, Step RF behind LF (Keep steps small to get hip twisting motion from counts 2-5) Rock LF to L, Recover on RF, Touch LF next to RF, Step LF fwd (6:00) Wall 7 – see below
Set 5: 1-3 4-5 6-7 8&1	1/2 R Pivot Sit, Right Hip Bumps, 1/2L Pivot Sit, Left Hip Bumps + Sweep, L coaster Sharp 1/2R sit on L hip and touch R toe in front of LF, Bump R Hip fwd 2x (12:00) Step down on RF, Sharp 1/2L sit on R hip and touch L toe fwd (6:00) Bump L Hip fwd, Bump L Hip fwd & Sweep LF from front to back Step LF back, Step RF next to LF, Step LF fwd
Set 6: 2-3 4-5 6	¼ L Hip Roll, ¼L Hip Roll, ¼L Side, Back Rock Recover Step RF to R rolling butt anticlockwise into a ¼L, Complete ¼L cross LF in front of RF (3:00) Step RF to R rolling butt anticlockwise into a ¼L, Complete ¼L cross LF in front of RF (12:00) Step RF to R making a ¼L (9:00)

Simpler version:

Just walk ³/₄L from counts 2-6 in a circular shape, stepping RF to R on count 6

7-8 Rock LF back, Recover on RF (shimmy shoulders on walls 2 & 4 to hit the beats)

TAG: After Wall 6, you'll face 6:00, danced to the chorus "So Good" & Step LF fwd (12:00) Then do Set 5 & 6. Do this 16-count tag twice. You'll finish the tag facing the front wall.

Restart: & Change of steps

For walls 7 and 8, replace count 8-1 of Set 4 (½R Pivot sit) with L chasse for count 8&1.

Restart the dance after wall 7. Dance ends after Wall 8.

8&1 Step LF to L, Step RF next to LF, Step LF to L