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Feel Good!

INTERMEDIATE

64 Count 4 Walls

Choreographed by: Lisen Persson Choreographed to: Feel Good by Ola Svensson

Section 1 Walk, Walk, Shuffle, Rock, Recover, Shuffle 1/2 Left 1 - 2 Walk forward on right, walk forward on left Step right forward, step left next to right, step right forward 3 & 4 Rock forward on left, recover weight to right 5 - 6 7 & 8 Turn 1/4 left and step left to side, step right next to left, turn 1/4 left and step left forward (facing 6 O'clock) Section 2 Turn 1/4 left, Behind, Side, Cross shuffle, Rock, Recover, Cross shuffle & 1 - 2 Turn 1/4 left and step right to side, cross left behind right, step right to side (facing 3 O'clock) Cross left over right, step right next to left, cross left over right 3 & 4 5 - 6 Rock right to side, recover weight to left 7 & 8 Cross right over left, step left next to right, cross right over left Section 3 Step, Cross, Unwind 1/2 right, Rock, Recover, Cross shuffle, Kick Ball Point Step left to side, Cross right behind left, unwind 1/2 right (weight on left, facing 9 O'clock) & 1 - 2 3 - 4 Rock right to right, recover weight to left Cross right over left, step left next to right, cross right over left 5 & 6 7 & 8 Kick left diagonally left, step left next to right, point right to side Section 4 Cross, Point, Cross, Point, Jazzbox (cross) 1 - 2 Cross right over left, point left to side 3 - 4 Cross left over right, point right to side 5 - 6 Cross right over left, step left back 7 - 8 Step right to side, cross left over right Restart here on your 3:rd wall Section 5 Rock, Recover, Cross shuffle, Side, Turn 1/4 right, Cross shuffle 1 - 2 Rock right to right, recover weight to left 3 & 4 Cross right over left, step left beside right, cross right over left 5 - 6 Step left to side, turn 1/4 right and step right to side (facing 12 O'clock) 7 & 8 Cross left over right, step right next to left, cross left over right Section 6 Side, Heel & Toe swivels, Kneepop, Coasterstep, Heel bounce (& knee pops) Step right to side 2 & 3 Swivel left heel towards right, swivel right heel out to right, swivel left toe towards right 4 - 5 Swivel right toe out to right, pop right knee (diagonally right, weight on left) 6 & 7 Step right back, step left beside right, step right forward Step left forward, lift booth heels up (pop knees forward), put heels back down (weight on right) 8 & 1 Section 7 Coasterstep, Step, Bounce turn 1/2 left, Coasterstep, Kick Ball Step 2 - 3 Step left back, step right beside left, step left forward 4 - 5 Step right forward, turn 1/2 left as you bounce heels twice (weight on right, facing 6 O'clock) 6 & 7 Step left back, step right next to left, step left forward 8 & 1 Kick right forward, step right next to left, step left forward On your 6:th wall there is a break in the music. Hold 2-3-4 & step left next to right and start over again Section 8 Twist, Twist, Coaster cross 1/4 left, Sway, Sway, Touch Twist heels to left and turn body 1/8 right, twist heels and body back to center (weight on right) 2 - 3

After your 1:st and 4:th wall there is a 8 counts tag:

4 & 5

6 - 8

Tag:

Rock, Recover, Behind, Side, Cross, Rock, Recover, Behind, Side, Cross

Step right to right and sway hips right, left, touch right next to left

Step left back, step right next to left, turn 1/4 left and cross left over right (facing 3 O'clock)

1 - 2	Rock right to right, recover weight to left
3 & 4	Step right behind left, step left beside right, cross right over left
5 - 6	Rock left to left, recover weight to right
7 & 8	Step left behind right, step right beside left, cross left over right

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