

# Feel Good (Sha La La)

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**Count:** 32      **Wall:** 2      **Level:** Easy Intermediate

**Choreographer:** Jonno Liberman & Rick Dominguez - Oct. 2015

**Music:** I Feel Good by Thomas Rhett (ft. LunchMoney Lewis)

## Dance begins after 16 counts

### [1-8] Rock, Recover, Ball, Step, Walk x2, Side Rock, Recover, Cross, 1/4 Step (3:00)

- 1, 2&3**      Step R forward, Recover weight onto L, Step ball of R next to L, Step L forward
- 4, 5**          Step R forward, Step L forward
- 6&7**          Step R to right side, Recover onto L, Cross R over L
- 8**              Step L to left as you turn 1/4 right (3:00)

### [9-16] 1/4 Step, Hold, Together, Side Rock, Recover, Weave, Step Left with Hip Bumps (6:00)

- 1-2,**          Step R back as you turn 1/4 right (6:00), Hold
- &3, 4**          Step L next to R, Step R to right, Recover onto L
- 5&6**          Cross R behind L, Step L next to R, Cross R over L
- 7, 8**          Step L to left as you bump hips to left, bump hips to left (finish with weight over L)

### [17-24] Behind, Side, Skate x3, Body Roll, Together, Heel, Together, Step (6:00)

- 1&2**          Cross R behind L, Step L to left, Step R to right as you turn 1/8 right (7:30)
- 3, 4**          Step L to left as you turn 1/2 left (4:30), Step R to right as you turn 1/8 right (7:30)
- 5-6**          Body Roll to Left: Start with shoulders and move down toward hips (finish with weight over L)
- &7, &8**          Step R next to L as you turn 1/8 left (6:00), Touch L heel to front, Step L next to R, Step R in front of L

### [25-32] 1/4 Pivot, Hold, Step, Cross, Snap, Unwind, Twist x2, Step Back, Together (6:00)

- 1-2**          Swivel both feet 1/4 L keeping weight over both (3:00), Hold
- &3, 4,**          Step L next to R, Cross R over L, Snap your fingers
- 5, 6,**          Unwind 1/4 left (12:00), Twist both feet 1/4 left (9:00)

**7, 8&** Twist both feet 1/4 left (6:00), Step R back, Step L together

**NOTE: The TAG and ALL of the RESTARTS will occur while facing the front wall!**

**RESTART after first 16 counts on walls 2, 6, and 10 (after he sings, "I FEEL..." restart on "GOOD").**

**TAG happens after the first 16 counts on wall 4.**

**[1-8] Toe Strut In Place and Slide Together x2, Front Toe Touch, \*Hold\* (12:00)**

**1, 2&** Touch R toe forward, Set R heel down, Slide R next to L

**3, 4&, 5** Touch L toe forward, Set L heel down, Slide L next to R, Touch R toe forward

**6-8** Look around confused and shout with the song, "Uh, excuse me. Can someone bring the beat back?" Have fun!

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**Last Update - 7th Nov. 2015**