

# STILL FEELS GOOD

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Mark Simpkin & Peter Fry (Apr 08)

**Music:** Still Feels Good by Rascal Flats

## Side, Behind, Ball Cross Shuffle, $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{1}{2}$ , Pivot $\frac{1}{2}$

**1-2**      Step R to R side, step L behind R,

**&3&4**      Step R to R side, cross L over R, step R to R side, cross L over R

**5-6**  $\frac{1}{4}$  turn R stepping forward on R,  $\frac{1}{2}$  turn R stepping back on L

**7&8**  $\frac{1}{2}$  turn R stepping forward on R, step forward on L,  $\frac{1}{2}$  turn R putting weight on R (Quick Pivot)

## Step Hold, Sailor Step, Sailor Step, Shuffle Forward

**1-2**      Step L to L side, hold

**3&4**      Step R behind L, step L to L side, step R to R side,

**5&6**      Step L behind R, step R to R side, step forward on L,

**7&8**      Step forward on R, step L together, step forward on R

## Pivot $\frac{1}{2}$ Turn, $\frac{1}{2}$ Turn Shuffle Back, Touch $\frac{1}{2}$ Turn, Kick Ball Step

**1-2**      Step forward on L,  $\frac{1}{2}$  turn R putting weight on R

**3&4**  $\frac{1}{2}$  turn R stepping back on L, step together on R, step back on L,

**5-6**      Touch R toe back,  $\frac{1}{2}$  turn R putting weight on R

**7&8**      Kick L forward, step L together, step R foot forward

## Rock Forward/Replace, $\frac{1}{4}$ Turn Step Hold & Step, Touch $\frac{1}{2}$ Unwind, Cross

**1-2**      Rock forward on L, replace weight on R

**3-4**  $\frac{1}{4}$  turn L stepping L to L side, hold

**&**      Step together on R,

**5-6**      Step L to L side, touch R behind L

**7-8**  $\frac{1}{2}$  turn R putting weight on R (Unwind), cross L over R

### **Side Rock/Replace, Cross Shuffle & $\frac{3}{4}$ Unwind, Rock Forward/Replace**

- 1-2** Rock R to R side, replace weight on L
- 3&4** Cross R over L, step L to L side, cross R over L
- &5-6** Step L to L side, touch R behind L,  $\frac{3}{4}$  turn R putting weight on R
- 7-8** Rock forward on L, replace weight on R

### **(&) Touch, Twist, Twist, Push Back, $\frac{1}{2}$ , $\frac{1}{2}$ , $\frac{1}{4}$ Side Shuffle**

- &1-2** Step L beside R, touch R toe back, twist  $\frac{1}{4}$  turn R ending with weight on R
- 3-4** Twist  $\frac{1}{4}$  turn L ending with weight on L, push back on R with knees slightly bent
- 5-6**  $\frac{1}{2}$  turn L stepping forward on L,  $\frac{1}{2}$  turn L stepping back on R,
- 7&8**  $\frac{1}{4}$  turn L stepping L to L side, step R together, step L to L side

### **Cross Rock/Replace, Side Shuffle, Cross Rock/Replace, $\frac{1}{4}$ , $\frac{1}{4}$ Rock/Replace**

- 1-2** Cross R over L, replace weight on L
- 3&4** Step R to R side, step L together, step R to R side
- 5-6** Cross L over R, replace weight on R,
- 7&8** Turn  $\frac{1}{4}$  L stepping L fwd, Turning  $\frac{1}{4}$  L step R to R side, replace weight on L

### **Cross Samba, Cross Samba, Cross Hold, Ball Cross, Step Side**

- 1&2** Cross R over L, step L to L side, replace weight on R
- 3&4** Cross L over R, step R to R side, replace weight on L
- 5-6** Cross R over L, hold
- &7-8** Step L to L side, cross R over L, step L to L side

**Choreographers Note: When playing the 3.56 minute version, the music fades out at about 2 and a half minutes**