

Everybody Feel Good

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Count: 116

Wall: 1

Level: Phrased Intermediate / Advanced

Choreographer: Scott Blevins and Rachael McEnaney-White January 2019

Music: "Feel Good" by Jordan Smith, Album: "Only Love"

Note: 32 Count A - 20 Count B - 32 Count C - 32 Count D - 9ish count Tag occurring once

#8 count intro to start on lyrics

Sequence: A - B - C - A - B - C - D - B - Tag - C - D with ending

Pattern A: 32 counts

[1-8] BALL, CROSS, FULL UNWIND, SIDE, BEHIND, SIDE BALL, CROSS, $\frac{3}{4}$ UNWIND, FWD, KICK

&1-2-3(&) Step ball of R to right side; 1) Cross L over R; 2) Unwind full turn right transferring weight to R; 3) Step L to left [12:00]

4&5-64) Cross R behind L; &) Step ball of L to left; 5) Cross R over L; 6) Unwind $\frac{3}{4}$ turn left transferring weight to L [3:00]

7-87) Step R forward; 8) Kick L forward [3:00]

[9-16] $\frac{1}{4}$ STEP, SWITCH 2X, CROSS, BALL ROCK, RECOVER, FWD ROCK, RECOVER, $1\frac{1}{2}$ TRIPLE TURN

&1&2(&) Turn $\frac{1}{4}$ left stepping L in place; 1) Point R to right; &) Step R next to L; 2) Point L to left [12:00]

3&43) Cross L over R; &) Turn $\frac{1}{8}$ left rocking R ball to right; 4) Recover weight to L [10:30]

5-65) Rock R forward; 6) Recover weight to L squaring up to 12 o'clock

7&87) Turn $\frac{1}{2}$ right stepping R forward; &) Turn $\frac{1}{2}$ right stepping L back; 8) Turn $\frac{1}{2}$ right stepping R forward [6:00]

[17-24] FWD ROCK (w/body roll), RECOVER, BACK, SIDE, CROSS, SIDE ROCK, $\frac{1}{4}$ RECOVER, $\frac{1}{2}$ BACK, LOCK, BACK

1-2-3&4) Rock L forward (style with fwd body roll); 2) Recover to R; 3) Step L back; &) Step R to right; 4) Cross L over R [6:00]

5-6) Rock R to right (style by looking right); 6) Turn $\frac{1}{4}$ left as you recover to L [3:00]

&7-8(&) Turn $\frac{1}{2}$ left stepping ball of R back; 7) Lock L over R; 8) Step R back [9:00]

[25-32] SIDE, CROSS, SIDE, $\frac{1}{2}$ SAILOR, $\frac{5}{8}$ FWD, $\frac{1}{2}$ BACK, BACK, CLOSE, $\frac{1}{8}$ CROSS

&1-2(&) Step L to left; 1) Cross R over L; 2) Step L to left [9:00]

3&4) Cross R behind L; &) Turn $\frac{1}{4}$ right stepping L next to R; 4) Turn $\frac{1}{4}$ right stepping R slightly across L (prep right) [3:00]

5-6) Turn $\frac{5}{8}$ left stepping L forward; 6) Turn $\frac{1}{2}$ left stepping R back [1:30]

&7-8(&) Step L back; 7) Step R next to L pushing hips back; 8) Turn $\frac{1}{8}$ left crossing L over R [12:00]

Pattern B: 20 counts

[1-8] SLOW NIGHTCLUB BASIC, $\frac{1}{4}$ FWD w/SWEEP, CROSS, $\frac{1}{4}$ BACK

1-2-3-4) Step R a big step to right side; 2) Hold; 3) Step L back slightly behind R; 4) Step R across L [12:00]

5-6) Turn $\frac{1}{4}$ left stepping L forward as you begin sweeping R forward; 6) Hold continuing R sweep forward [9:00]

7-8) Cross R over L; 8) Turn $\frac{1}{4}$ right stepping L back [12:00]

[9-20] DIAGONAL BACK, TOUCH, CHASSE, $\frac{1}{4}$ SIDE w/TOUCH 3X, $\frac{1}{4}$ SIDE, SYNCOPATED LOCKS FWD, STEP

1-2) Step R a big step back diagonally toward 4:30; 2) Touch L next to R snapping fingers [12:00]

3&4) Step L to left; &) Step R next to L; 4) Step L to left [12:00]

5&6&7) Turn $\frac{1}{4}$ left stepping R to right; &) Touch L next to R; 6) Turn $\frac{1}{4}$ left stepping L to left; &) Touch R next to L [6:00]

7&87) Turn $\frac{1}{4}$ left stepping R to right; &) Touch L next to R; 8) Turn $\frac{1}{4}$ left stepping L to left [12:00]

1&2&3&41) Step R fwd toward right diagonal; &) Lock L behind R; 2) Step R fwd toward right diagonal; &) Step L fwd toward left diagonal; 3) Lock R behind L; &) Step L fwd toward left diagonal; 4) Step R forward toward 12 o'clock

Pattern C: 32 counts

[1-9] FWD, KICK, STEP, ROCK, RCVR, KICK, STEP, ROCK, RCVR, KICK, STEP, POINT, ROCK, RCVR, $\frac{1}{4}$ FWD

1-2&3&1) Step L forward; 2) Kick R forward; &) Step R forward; 3) Rock ball of L to left side (slightly back); &) Recover weight to R [12:00]

4&5&4) Kick L forward; &) Step L forward L; 5) Rock ball of R to right side (slightly back); &) Recover weight to L [12:00]

6&76) Kick R forward; &) Step R forward; 7) Point L to left side [12:00]

8&18) Cross rock L over R; &) Recover weight to R; 1) Turn $\frac{1}{4}$ left stepping L forward [9:00]

[10-17] KICK, STEP, ROCK, RCVR, KICK, STEP, ROCK, RCVR, KICK, STEP, POINT, ROCK, RCVR, $\frac{1}{4}$ FWD

2-9 Repeat counts 2-9 above [6:00]

[18-25] KICK, STEP, ROCK, RCVR, KICK, STEP, ROCK, RCVR, KICK, STEP, POINT, ROCK, RCVR, $\frac{1}{4}$ FWD

2-9 Repeat counts 2-9 above [3:00]

[26-32] FWD, FWD, PIVOT $\frac{3}{4}$, SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, BIG STEP, DRAG

2-3-42) Step R forward; 3) Step L forward; 4) Turn $\frac{3}{4}$ right taking weight on R [12:00]

5&6&5) Rock L to left; &) Recover weight to R; 6) Cross rock L over R; &) Recover weight to R [12:00]

7-87) Big step L to left; 8) Drag R toward L keeping weight on L [12:00]

Pattern D: 32 counts

[1-8] DIAGONAL CAMEL WALK R-L, SHUFFLE, FWD LUNGE, PIVOT $\frac{1}{2}$, $\frac{1}{2}$ BACK, $\frac{1}{2}$ FWD

1-21) Turn $\frac{1}{8}$ left stepping R forward as you pop L knee forward; 2) Step L forward as you pop R knee forward [10:30]

3&43) Step R forward; &) Step L next to R; 4) Step R forward [10:30]

5-65) Step/lunge L forward throwing arms up “hallelujah”; 6) Turn $\frac{1}{2}$ right taking weight on R [4:30]

7-87) Turn $\frac{1}{2}$ right stepping L back; 8) Turn $\frac{1}{2}$ right stepping R forward [4:30]

[9-16] DIAGONAL CAMEL WALK L-R, SHUFFLE, FWD LUNGE, PIVOT $\frac{1}{2}$, $\frac{1}{2}$ BACK, $\frac{1}{4}$ FWD

1-21) Step L forward as you pop R knee forward; 2) Step R forward as you pop L knee forward [4:30]

3&43) Step L forward; &) Step R next to L; 4) Step L forward [4:30]

5-65) Step/lunge R forward throwing arms up “hallelujah”; 6) Turn $\frac{1}{2}$ left taking weight on L [10:30]

7-87) Turn $\frac{1}{2}$ left stepping R back; 8) Turn $\frac{1}{4}$ left stepping L forward [1:30]

[17-24] DIAGONAL CAMEL WALK R-L, SHUFFLE, FWD LUNGE, PIVOT $\frac{1}{2}$, $\frac{1}{2}$ BACK, $\frac{1}{2}$ FWD

1-21) Step R forward as you pop L knee forward; 2) Step L forward as you pop R knee forward [1:30]

3&43) Step R forward; &) Step L next to R; 4) Step R forward [1:30]

5-65) Step/lunge L forward throwing arms up “hallelujah”; 6) Turn $\frac{1}{2}$ right taking weight on R [7:30]

7-87) Turn $\frac{1}{2}$ right stepping L back; 8) Turn $\frac{1}{2}$ right stepping R forward [7:30]

[25-32] DIAGONAL CAMEL WALK L-R, SHUFFLE, STEP PIVOT WITH HIP CIRCLE 2X

1-21) Step L forward as you pop R knee forward; 2) Step R forward as you pop L knee forward [7:30]

3&43) Step L forward; &) Step R next to L; 4) Step L forward [7:30]

5-65) Step R forward starting hip circle counter clockwise; 6) Continue circling hips as you turn $\frac{1}{4}$ left taking weight on L [4:30]

7-87) Step R forward starting hip circle counter clockwise; 8) Continue circling hips as you turn $\frac{3}{8}$ left taking weight on L [12:00]

Tag: After the 3rd time you do part B do the following tag then begin part C

[1-9ish] FWD, LOCK, SLOW UNWIND, STEP WITH HIP CIRCLE, LUNGE w/KNEE OUT-IN-OUT, DRAG

&1-2-3(&) Step L forward; 1) Lock R behind L; 2-3) Slow unwind full turn right on the spot weight ends on R [12:00]

4-5-64) Step L to left as you begin hip circle counter clockwise; 5-6) Continue hip circle [12:00]

7&8-97) Lunge left as you pop L knee out; &) Pop L knee in; 8) Pop L knee out; 9ish) Drag L toward R keeping weight on R [12:00]

Note: There is not a clear beat! So focus on hitting the vocals taking your time going into pattern C stepping L

forward as the beat kicks back in.

Ending: During the final D pattern, dance the entire pattern as written through count 28. Replace counts 29-31 with the steps below:

[29-31] 5&6&) Take 4 small steps forward R-L-R-L arcing $\frac{1}{2}$ left to face 1:30; 7) Turn $\frac{1}{8}$ L stepping R to right hitting a pose. [12:00]

Sequence: A - B - C - A - B - C - D - B - Tag - C - D with ending

Enjoy :-)

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