

How Good I Feel!

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Count: 32 **Wall:** 2 **Level:** High Beginner

Choreographer: Tess Duke w/Jacqui Bell - January 2019

Music: "But I Feel Good" by Groove Armada (124 bpm)

This is the recommended and shortest version at 3:05.

It is easy to download to your computer, and then copy to your desktop.

Simply open and play on your preferred playlist.

This I-o-n-g explanation represents countless hours of searching to find a shorter version elsewhere.

But, the music is worth it!

Alternate music: Don't Stop Believin' by Journey (119 bpm)

Intro: 32 counts (both songs)

NOTE: Start the dance 1 beat after the 3rd time the singer says "Good!" during the intro.

This is when the music starts.

S1] (1-8) CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE

- 1, 2 Cross left over right, rock, recover right
- 3 & 4 Chasse to the left
- 5, 6 Cross right over left, rock, recover left
- 7 & 8 Chasse to the right

S2] (9-16) CROSS ROCK, RECOVER, ¼ TURN LEFT CHASSE, PIVOT ¼ LEFT, CROSS SHUFFLE

- 1, 2 Cross left over right, rock, recover right
- 3 & 4 Chasse to the left, turning ¼ left (9:00)
- 5, 6 Step forward right, pivot ¼ turn left (6:00)
- 7 & 8 Cross Shuffle, (right over left, ball left, step right)

S3] (17-24) ROCK, RECOVER, TRIPLE ½ TURN LEFT, ROCK RECOVER, TRIPLE ½ TURN RIGHT

- 1, 2** Rock forward left, recover right
- 3 & 4** Triple step, (L-R-L), turning ½ turn left
- 5, 6** Rock forward right, recover left
- 7 & 8** Triple step (R-L-R), turning ½ turn right

*** Easy Option: Forward rock recover, shuffle back, back rock recover shuffle forward**

S4] (25-32) ½ PIVOT 2x, STEP LEFT, STEP RIGHT, DOWN, DOWN, UP, UP

- 1, 2** Step forward left, pivot ½ turn right, shifting weight to the right foot (12:00)
- 3, 4** Step forward left, pivot ½ turn right (6:00)
- 5, 6** Step forward left, step forward right, popping left knee out.
- & 7 & 8** Drop right shoulder down, left shoulder down, bending knees, and then right shoulder up, left shoulder up straightening knees, (do your own level of sassy here!)

***Easy Option: 1-4 LEFT ROCKING CHAIR: Left rock forward, recover right, left rock back, recover right**

***& 7 & 8: Alternate shimmies for the down, down, up, up, if desired.**

HAVE FUN!