

# Feel Good

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**Count:** 52      **Wall:** 4      **Level:** Phrased Improver

**Choreographer:** Lee Hamilton (UK) October 2018

**Music:** Feel Good by Jordan Smith (iTunes)

## **PART A: 32 counts**

### **Section A1 [1-8] Walk RL, R Mambo Fwd, Walk Back LR, L Coaster Step**

- 12**      Step R Fwd (1), Step L Fwd (2), 12:00
- 3&4**      Rock R Fwd (3), Recover onto L (&), Step R Back (4), 12:00
- 56**      Step L Back and Grind R Heel (angling R Toe to R Diagonal (5), Step R Back and Grind L Heel (angling L Toe to L Diagonal) (6), 12:00
- 7&8**      Step L Back (7), Close R beside L (&) Step L Fwd (8), 12:00

### **Section A2 [9-16] Kick & Touch, 1/4 Kick & Touch, Forward Heels - Back Steps x2**

- 1&2**      Kick R Fwd (1), Step R to R Side (&), Touch L Toe behind R Heel (2), 12:00
- 3&4**      Make a 1/4 R by Kicking L Fwd (3), Step L to L Side (&), Touch R Toe behind L Heel (4), 3:00
- 5&6&**      Step Fwd on R Heel (5), Step Fwd on L Heel (&), Step Back on R Foot (6), Step Back on L Foot (&), 3:00
- 7&8&**      Step Fwd on R Heel (7), Step Fwd on L Heel (&), Step Back on R Foot (8), Step Back on L Foot (&), 3:00

### **Section A3 [17-24] Lock Step R, Heel Bounce, Lock Step L, Heel Bounce**

- 12&3**      Step R Foot to R Diagonal (1), Lock L behind R (2), Step R Fwd (&), Close L beside R and angle body to L Diagonal (3), 3:00
- &4**      Raise both Heels (&), Lower both Heels (4), 3:00
- 56&7**      Step L Foot to L Diagonal (5), Lock R behind L (6), Step L Fwd (&), Close R beside L and angle body to R Diagonal (7), 3:00
- &8**      Raise both Heels (&), Lower both Heels (8), 3:00

### **Section A4 [25-32] R Rock & Cross, L Rock & Cross, 1/2 Pivot L x2**

- 1&2**      Rock R to R Side (1), Recover onto L (&), Cross R over L (2), 3:00
- 3&4**      Rock L to L Side (3), Recover onto L (&), Cross L over R (4), 3:00
- 56**      Step R Fwd (5), Make a 1/2 L by moving weight to L foot (6), 9:00

78 Step R Fwd (7), Make a 1/2 L by moving weight to L foot (8), 3:00

**PART B: 20 counts**

**Section B1 [1-8] Walk Fwd RL, Hip Bump Fwd x2, 1/2 Hip Bump x2, R Kick Ball Step**

12 Step R Fwd (1), Step L Fwd (2)

3&4 Bump R Hip Fwd (3), Recover onto L (&), Bump R Hip Fwd (4)

5&6 Make a 1/2 L by Bumping L Hip Fwd (5), Recover onto R (&), Bump L Fwd (6)

7&8 Kick R Fwd (7), Close R beside L (&), Step L Fwd (8)

**Section B2 [9-16] REPEAT SECTION 1**

**Section B3 [17-20] Syncopated Jazz with Point**

12 Cross R over L (1), Step L Back (2)

&34 Step R to R Side (&), Cross L over R (3), Point R Toe to R Side (4)

**TAG**

**Section 1 [1-8] 1/2 Pivot L x2, Jazzbox**

12 Step R Fwd (1), Make a 1/2 L by moving weight to L foot (2)

34 Step R Fwd (3), Make a 1/2 L by moving weight to L foot (4)

56 Cross R over L (5), Step L Back (6)

78 Step R to R Side (7), Step L fwd (8)

**Section 2 [9-12] R Rocking Chair with Flick**

12 Rock R Fwd (1), Recover onto L (2)

34 Rock R Back (3), Recover onto L and Flick R Heel up

**SEQUENCE: A - B - A - A - B - A - A - B - TAG - A - A**

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