

# Feel Good Cha

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**Count:** 48

**Wall:** 4

**Level:** Intermediate - Latin Cha

**Choreographer:** Jennifer Choo Sue Chin (March 2012)

**Music:** I Feel Good by Mirko Casadei (Album: The Ultimate Latin Album 10)

**Intro: Song will start with a scream and "I Feel Good!" Start on the vocal "Good".**

## **Set 1: Side, Rocking Chair, Back, ¼R, Fwd Shuffle**

- 1-2&3&** Step LF to L, Cross rock RF over LF, Recover on LF, RF back rock to diag R, recover on LF (10:30)
- 4&5** Cross rock RF over LF, Recover on LF, RF take a big step back to diag R (10:30)
- 6-7** Step LF behind RF, execute slightly more than ¼R shifting weight stepping RF next to LF (3:00)
- 8&1** Step LF fwd, Lock RF behind LF, Step LF fwd

## **Set 2: Right heel swivels, Both heels swivels, ½L, back rock, L chasse**

- 2&3&** Touch R toe in front of LF and swivel R heel out, Swivel right heel in, Swivel R heel out, Swivel right heel in
- 4&5** Swivel both heels to right, swivel both heels left, swivel both heels to right into a ½L weight on RF (9:00)

### **6-7LF back rock, recover on RF**

- 8&1** Step LF to L, Step RF next to L, Step LF to L

## **Set 3: Long lock steps, rock recover, ¼L Sailor**

- 2&3&** Step RF fwd, Lock LF behind RF, Step RF fwd, Lock LF behind RF
- 4&5** Step RF fwd, Lock LF behind RF, Step RF fwd
- 6-7** Rock LF fwd, Recover on RF
- 8&1** Step LF behind RF, ¼L stepping RF next to LF, Step LF to L (6:00)

## **Set 4: Weave to L, L Mambo touch, Step**

- 2&3&** Cross RF in front of LF, Step LF next to RF, Step RF behind LF, Step LF next to RF
- 4&5** Cross RF in front of LF, Step LF next to RF, Step RF behind LF (Keep steps small to get hip twisting motion from counts 2-5)

**6&7-8** Rock LF to L, Recover on RF, Touch LF next to RF, Step LF fwd (6:00)\*\* Restart Wall 7 – see below

**Set 5: ½R Pivot Sit, Right Hip Bumps, ½L Pivot Sit, Left Hip Bumps + Sweep, L coaster**

**1-3** Sharp ½R sit on L hip and touch R toe in front of LF, Bump R Hip fwd 2x (12:00)

**4-5** Step down on RF, Sharp ½L sit on R hip and touch L toe fwd (6:00)

**6-7** Bump L Hip fwd, Bump L Hip fwd & Sweep LF from front to back

**8&1** Step LF back, Step RF next to LF, Step LF fwd

**Set 6: ¼L Hip Roll, ¼L Hip Roll, ¼L Side, Back Rock Recover**

**2-3** Step RF to R rolling butt anticlockwise into a ¼L, Complete ¼L cross LF in front of RF (3:00)

**4-5** Step RF to R rolling butt anticlockwise into a ¼L, Complete ¼L cross LF in front of RF (12:00)

**6** Step RF to R making a ¼L (9:00)

**Simpler version: just walk ¾L from counts 2-6 in a circular shape, stepping RF to R on count 6**

**7-8** Rock LF back, Recover on RF (shimmy shoulders on walls 2 & 4 to hit the beats)

**Start again and Have FUN!**

**Feel Good TAG (After Wall 6, you'll face 6:00) - danced to the chorus "So Good"**

**&** Step LF fwd (12:00)

**Then do Set 5 & 6. Do this 16-count tag twice. You'll finish the tag facing the front wall.**

**\*\*Restart & Change of steps**

**For walls 7 and 8, replace count 8-1 of Set 4 (½R Pivot sit) with L chasse for count 8&1.**

**Restart the dance after wall 7. Dance ends after Wall 8.**

**8&1** Step LF to L, Step RF next to LF, Step LF to L

**Phrase: 48, 48, 48, 48, 48, 48, Tag (&16 + &16), 32\*\*, 32\*\*.**

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