

Feel Good Dance

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Count: 104

Wall: 2

Level: Phrased Low Intermediate

Choreographer: GS Ang (July 2011)

Music: Pei Wo Qu Mai Cai by Angeline Ni Ni

Sequence of Dance: B24/A/B16/A/B/A/B16/A54 - Start the dance after 16 counts from the beginning of the track.

(A - 64 counts)

WALK, WALK, WALK, KICK, BACK, BACK, BACK, TOUCH

1-4 Walk forward on RLR, kick left forward

5-8 Walk backward on LRL, touch right together

MONTEREY 1/4 TURN RIGHT X 2

1-4 Monterey 1/4 turn right on RRLL

5-8 Monterey 1/4 turn right on RRLL

WALK, WALK, WALK, KICK, BACK, BACK, BACK, TOUCH

1-4 Walk forward on RLR, kick left forward

5-8 Walk backward on LRL, touch right together

MONTEREY 1/4 TURN RIGHT X 2

1-4 Monterey 1/4 turn right on RRLL

5-8 Monterey 1/4 turn right on RRLL

RIGHT AND LEFT LINDY

1&2 Right side cha cha on RLR

3-4 Cross left behind right, recover onto right

5&6 Left side cha cha on LRL

7-8 Cross right behind left, recover onto left

RIGHT AND LEFT SHOOPS

1-2 Step right forward to right diagonal, step left together

3-4 Step right forward to right diagonal, scuff left

5-6 Step left forward to left diagonal, step right together

7-8 Step left forward to left diagonal, scuff right

ROCKING CHAIR, MONTEREY 1/2 TURN RIGHT

1-4 Rocking chair on RLRL

5-8 Monterey 1/2 turn right on RRLL

TURNING CHA CHA x 4

1&2 1/4 turn right cha cha forward on RLR

3&4 1/4 turn right cha cha forward on LRL

5&6 1/4 turn right cha cha forward on RLR

7&8 1/4 turn right cha cha forward on LRL

(B - 40 counts)

CROSS, POINT, CROSS, POINT, PADDLE 1/4 TURN LEFT X 2

1-2 Cross right over left, point left to left side

3-4 Cross left over right, point right to right side

5-6 Paddle 1/4 turn left on RL

7-8 Paddle 1/4 turn left on RL

CROSS, POINT, CROSS, POINT, PADDLE 1/4 TURN LEFT X 2

1-2 Cross right over left, point left to left side

3-4 Cross left over right, point right to right side

5-6 Paddle 1/4 turn left on RL

7-8 Paddle 1/4 turn left on RL

RIGHT AND LEFT VINES WITH TOUCHES

1-2 Step right to right side, cross left behind right

3-4 Step right to right side, touch left together

5-6 Step left to left side, cross right behind left

7-8 Step left to left side, touch right together

HIP BUMPS RRL, RLRL

1-8 Bump hips RRL, RLRL

PIVOT 1/2 TURN-FORWARD CHA CHA X 2

1-2 Step right forward, pivot 1/2 turn left

3&4 Forward cha cha on RLR

5-6 Step left forward, pivot 1/2 turn right

7&8 Forward cha cha on LRL

Contact: www.sjlinedancer.blogspot.com