

I Feel Good

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Count: 48 **Wall:** 2 **Level:** Intermediate

Choreographer: Trevor Thornton (Florida, USA) (Sept 2015)

Music: "I Feel Good Today" Thomas Rhett (ft. Lunchmoney Lewis)

Count In: 16 ct intro (start on lyrics)

Notes: If dancing to Music video track, add Tag!

[1 - 8] BALL WALK X2, STEP LOCK STEP, 1/2 TURN, SLIDE TOGETHER, POINT ½ UNWIND.

- & 1 2** Step on Ball of R (&) Step fwd on L (1) Step fwd on R (2) 12
- 3 & 4** Step fwd on L (3) lock R behind L (&) Step fwd on L (4) 12
- 5 6** Make a ½ turn L stepping back on R (5) Slide L next to R to touch (6) 6
- 7 8** Point L toe back (7) Unwind a ½ turn L taking weight on L (8) 12

***Restart Wall 3, facing 12:00 dance first 8, then re-start!**

[9 - 16] ¼ TURN L, SLIDE R, TRIPLE L, CROSS POINT, SIDE POINT, CROSS ROCK, RECOVER ¼ R

1 2¼ R as you slide to the R (1) Touch L next to R (2) 9

- 3 & 4** Step L to L (3) Step R next to L (&) Step L to L (4) 9
- 5 6** Point R toe fwd crossing L foot (5) Point R toe to R side (6) 9
- 7 & 8** Cross R over L rocking forward (7) Recover weight to L (&) Step R to R making ¼ turn R (8) 12

[17 - 24] STEP, PIVOT ¼ TURN R, CROSS ROCK, 1/4 L, ROCK FWD, BALL STEP ¼ R

- 1 2** Step fwd on L (1) Pivot ¼ turn R (2) 12/3
- 3 & 4** Rock L over R (3) Recover on R (&) Step L making ¼ turn L (4) 3/12
- 5 6** Rock fwd on R (5) Recover weight to L (6) 12
- & 7 8** Step R next to L (&) Step fwd on L (7) Pivot ¼ turn R (8) 12/3

Styling Count 8, keep weight to the Left.

[25 - 32] BALL CROSS, HOLD, CROSS, SIDE STEP, ¼ TURN SAILOR, HOLD, BALL STEP.

- & 1 2** Step R to inside of L (&) Cross L over R (1) Hold (2) 3

- & 3 4** Slight step to R with R (&) Cross L over R (3) Step to the R with R (4) 3
- 5 & 6** Step L behind R (5) ¼ turn L with R (&) Step fwd on L (6) 12
- 7 & 8** Hold (7) Slight step fwd on R (&) Step forward on L (8) 12

[33 - 40] WALK X2, CHASE TURN L, ½ TURN R X2, ¼ TURN R, TRIPLE

- 1 2** Step fwd R (1) Step fwd L (2) 12
- 3 & 4** Step fwd R (3) ½ turn pivot L (&) Step fwd on R (4) 6
- 5 6½ turn R stepping back on L (5) 12:00, ½ turn R stepping fwd on R (6) 6:00 12/6**
- 7 & 8¼ turn R stepping L to L (7) Step R next to L (&) Step L to L (8) 9**

[41-48] R SAILOR STEP, ¼ TURN SAILOR L, KICK BALL SIDE STEP, HOLD, (BODY ROLL)

- 1 & 2** Step R behind L (1) Step L to L side (&) Step R to R (2) 9
- 3 & 4** Step L behind R (3) ¼ turn L stepping R to R (&) Step fwd on L (4) 6
- 5 & 6** Kick R fwd (5) Step down on R (&) Step to L with L (6) 6
- 7 8** Hold for 2 counts, or body roll head to toe, (7, 8) (Keep weight even for body roll) 6

Hope you enjoy! Don't forget the Re-start! You can't miss it, you can hear it in the music! ;)

(If dancing to Music video track, you will need to either dance through it or add 4 ct tag. Rocking chair)

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Last Update - 7th Nov. 2015