

# Feel Good Again

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**Count:** 64      **Wall:** 2      **Level:** High Beginner

**Choreographer:** Rene and Reg Mileham (UK) May 2014

**Music:** Good Again - Anne Murray. [Anne Murray cd - 106 bpm]

## 32 count intro

### Sec 1: Side, drag, back rock, recover. Grapevine, cross

- 1 - 2      Step Right to side, drag Left next to Right.
- 3 - 4      Rock Left back, recover onto Right.
- 5 - 6      Step Left to side, step Right behind Left.
- 7 - 8      Step Left to side, cross Right over Left.

### Sec 2: Rock & cross, rock & cross. (Diagonal) Sway, touch, sway, touch

- 1 & 2      Rock Left to side, rock Right to side, cross Left over Right.
- 3 & 4      Rock Right to side, rock Left to side, cross Right over Left.
- 5 - 6      Sway Left (diagonally) to side, touch Right to Left.
- 7 - 8      Sway Right (diagonally) to side, touch Left to Right (weight on Right)

### Sec 3: Side, drag, back rock, recover. Grapevine, cross

- 1 - 2      Step Left to side, drag Right next to Left.
- 3 - 4      Rock Right back, recover onto Left.
- 5 - 6      Step Right to side, step Left behind Right.
- 7 - 8      Step Right to side, cross Left over Right.

### Sec 4: Rock & cross, rock & cross. (Diagonal) Sway, touch, sway, touch

- 1 & 2      Rock Right to side, rock Left to side, cross Right over Left.
- 3 & 4      Rock Left to side, rock Right to side, cross Left over Right.
- 5 - 6      Sway Right (diagonally) to side, touch Left to Right
- 7 - 8      Sway Left (diagonally) to side, touch Right to Left. (weight on Left)

### Sec 5: Right and Left rolling vines with touches

- 1-2-3-4      Right rolling vine, touch

**5-6-7-8** Left rolling vine, touch

### **Sec 6: Rumba Box**

- 1 - 2** Step Right to side, step Left beside Right
- 3 - 4** Step Right forward, tap Left next to Right
- 5 - 6** Step Left to side, Step Right beside Left
- 7 - 8** Step Left back, tap Right next to Left (weight on Left)

### **Sec 7: Paddle x 2 turning ¼ left. Cross, back, side hold**

- 1 - 2** Step Right forward, paddle 1/8.
- 3 - 4** Step Right forward, paddle 1/8. 9.00
- 5 - 6** Cross Right over Left, step back onto Left
- 7 - 8** Step Right to side, hold.

### **Sec 8: Cross, back, side hold. Paddle x 2 turning ¼ left.**

- 1 - 2** Cross Left over Right, step back onto Right
- 3 - 4** Step Left to side, hold
- 5 - 6** Step Right forward, paddle 1/8
- 7 - 8** Step Right forward, paddle 1/8 6.00

### **BEGIN AGAIN & HAPPY DANCING**

**Contact: [regandrene@btinternet.com](mailto:regandrene@btinternet.com)**