

It Feels Good, Good, Good

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Count: 32 **Wall:** 4 **Level:** Upper Beginner

Choreographer: Kathryn Sloan - Sept. 2015 (vers.1)

Music: Drake White - It Feels Good (2.40 mins) Album: Single only release

Moves in a clockwise direction, 1 Restart

Starts 16 counts in with weight on left 126 BPM

[1 - 8] Vine right with touch, twist heel, toe, twist toe, heel (12.00)

1,2,3,4 Step R to right side, step L behind R, step R to right side, touch L beside R

5,6,7,8 Twist L heel to left, twist L toe to left, twist L toe to right, twist L heel to centre

[9 - 16] Vine left with touch, twist heel, toe, twist toe, heel * (12.00)

1,2,3,4 Step L to left side, step R behind L, step L to left side, touch R beside L

5,6,7,8 Twist R heel to right, twist R toe to right, twist R toe to left, twist R heel to centre

[17 - 24] Step, kick, back, touch, step, kick, back, touch (12.00)

1,2,3,4 Step forward on R, kick L forward, step back on L, touch R beside L

5,6,7,8 Step forward on R, kick L forward, step back on L, touch R beside L

[25 - 32] 1/8 paddle, 1/8 paddle, 45 heel, 45 heel (9.00)

1,2,3,4 Step R foot forward and paddle 1/8 left weight to L, step R foot forward and paddle 1/8 left weight to L

5,6,7,8 Present R heel forward at 45°, replace R beside L, present L heel forward at 45°, replace L beside R

[32] counts

Repeat

Restart: On wall 3 - dance up to count 16* then Restart the dance facing 6:00 o'clock.

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