

It Feels Good

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Gail A. Dawson (July 2017)

Music: Feels Good by Tony Toni Tone

Intro: 48 counts - No Tags, No Restarts

***VINE WITH A HEEL JACK, ROCK, RECOVER, TRIPLE TURN 1/2**

- 1,2** Step R to R, step L behind R
- &3** Step R to R, touch L heel diagonally forward
- &4** Step L beside R, cross R over L
- 5,6** Rock L forward, recover to R
- 7&8** Step L ½ turn to L (6:00), step R beside L, step L forward

***OPTION GRAPE VINE INSTEAD OF A VINE WITH A HEEL JACK**

ROCK, RECOVER, **PONY BACK, PONY BACK, ROCK, RECOVER

- 1,2** Rock R forward, recover L
- 3&4** Step R back hitching L, step L in place, step R back hitching L
- 5&6** Step L back hitching R, step R in place, step L back hitching R
- 7,8** Rock R back, recover to L

****OPTIONS INSTEAD OF PONY**

OPTION 1 - BODY ROLL

- 3,4** Step R back diagonally to right, body roll to right
- 5,6** Step L back diagonally to L, body roll to left

OPTION 2 - STEP TOUCH

- 3,4** Step R back diagonally to right, body roll to right
- 5,6** Step L back diagonally to L, body roll to left

¼ TURN POINT, CROSS, POINT, CROSS, MONTERRY ½ TURN

- 1,2** Turn ¼ on L foot point R to R(3:00), R cross over L
- 3,4** Point L to L, L cross over R

5,6 Point R to R, on ball of L turn ½ to R, stepping R beside L

7,8 Point L to L, touch L beside R

STEP, SLIDE, KICK BALL CHANGE, JAZZ BOX

1,2 Step L forward, slide R beside L (do not take weight)

3&4 Kick R forward, step R beside L, step L in place

5, 6 Cross R over L, step L back

7&8 Step R beside L, cross L over R

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