

Feeling Good

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Count: 40 **Wall:** 4 **Level:** Improver

Choreographer: Sonja Hemmes - March 2018

Music: Feeling Good by: Michael Buble' (It's Time)

Start 16 counts after lyrics - And I'm feeling good

S1: STEP & ROCK BACK, RIGHT THEN LEFT, STEP DRAG, STEP TOGETHER TURNING 1/4 LEFT

- 1&2 Big step to right side, rock back on left, step on right
- 3&4 Big step to left side, rock back on right, step on left
- 5&6 Step right forward diagonally, drag left next to right, touch
- 7&8 Step left to left side, step right next to left, step left to left side turning $\frac{1}{4}$ left

S2: LOCK FORWARD, ROCK FORWARD, RIGHT SAILOR, LEFT SAILOR

- 1&2 Step right forward, step left behind right, step right forward
- 3&4 Rock left forward, step on right, step left next to right
- 5&6 Cross step right behind left, ball stepping left next to right, step right forward
- 7&8 Cross step left behind right, ball stepping right next to left, step left forward

S3: RIGHT MAMBO, LEFT MAMBO, RIGHT JAZZ BOX, LEFT JAZZ BOX

- 1&2 Step right to right side, step on left, step right next to left
- 3&4 Step left to left side, step on right, step left next to right
- 5&6 Step right forward in front of left, step left back, step right to right side
- 7&8 Step left forward in front of right, step right back, step left to left side

S4: STEP BACK DIAGONALLY, RUMBA BOX FORWARD

- 1&2 Step right back diagonally, step left next to right, step right back diagonally
- 3&4 Step left back diagonally, step right next to left, step left back diagonally
- 5&6 Step right to right side, step left next to right, step right forward
- 7&8 Step left to left side, step right next to left, step left back

S5: RIGHT COASTER BACK, STEP FORWARD, SWAY, STEP FORWARD, SWAY, UNWIND 1/2 Right

- 1&2** Step right back, step left back next to right, step right forward
- 3&4** Step left forward diagonally and sway hips forward, back, forward
- 5&6** Step right forward diagonally and sway hips forward, back, forward
- 7&8** Step left forward in front of right, unwind $\frac{1}{2}$ to the right keeping weight on left

TAG: At the end of the 1st rotation, there is a 4 count Tag,

1&2sway right,

3&4sway left