

FEELIN' ALRIGHT

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Count: 48 **Wall:** 4 **Level:** —

Choreographer: Rick Bates

Music: Man! I Feel Like A Woman by Shania Twain

ROCK STEP, CROSS, UNWIND

- 1-2** Step and rock to the right on right foot; rock to the left onto left foot
- 3-4** Cross right foot over left and step; unwind $\frac{1}{2}$ turn to the left on balls of both feet, transfer weight to right foot
- 5-6** Step and rock to the left on left foot; rock to the right onto right foot
- 7-8** Cross left foot over right and step; unwind $\frac{1}{2}$ turn to the right on balls of both feet, transfer weight to left foot

WALK, WALK, ROCK STEP

- 9-10** Step forward on right foot; step forward on left foot
- 11-12** Step back and rock onto right foot; rock forward onto left foot
- 13-14** Step forward on right foot; step forward on left foot
- 15-16** Step back and rock onto right foot; rock forward onto left foot

TURNING JAZZ SQUARE, STEP, CROSS, ROCK STEP

- 17-18** Cross right foot over left and step; step back on left foot
- 19-20** Step $\frac{1}{4}$ turn to the right (to the right) on right foot; scuff left foot next to right
- 21-22** Step to the left on left foot; cross right foot behind left and step
- 23-24** Step and rock to the left on left foot; rock to the right onto right foot

CROSS STEP, ROCK STEP, 1 $\frac{1}{4}$ ROLLING VINE LEFT

- 25-26** Cross left foot over right and step; step to the right on right foot
- 27-28** Step and rock behind right onto left foot; rock forward onto right foot
- 29-30** Step to the left on left foot and begin a 1 $\frac{1}{4}$ to the left traveling turn; step on right foot and continue 1 $\frac{1}{4}$ to the left traveling turn
- 31-32** Step on left foot and complete 1 $\frac{1}{4}$ to the left traveling turn scuff right foot next to left

JAZZ SQUARE, TOE, TOE, HOOK, PIVOT

- 33-34** Cross right foot over left and step; step back on left foot
- 35-36** Step to the right on right foot; step left foot next to right
- 37-38** Tap right toes forward; tap right toes to the right
- 39-40** Hook toes of right foot behind and to the left of left ankle, pull right toes to the right as you pivot $\frac{1}{4}$ turn to the left on ball of left foot

STEP - SLIDE, CROSS, UNWIND, LUNGE LEFT

- 41-42** Bend knees slightly and step to the right on right foot while wiggling hips, continue wiggling hips as you drag left foot next to right
- 43-44** Cross left foot over right; unwind $\frac{3}{4}$ turn to the right on balls of both feet, transfer weight to right foot
- 45-46** Take a long step to the left on left foot; begin to slowly drag right foot towards left
- 47-48** Continue dragging right foot towards left; touch right foot next to left

REPEAT