



## Feels So Good!

Phrased, 2 wall, intermediate level

Choreographer: Amy Christian (Singapore) Sept 2005

Choreographed to: It Feels So Good by Sonique,

Album: Hear My Cry

Web site: [www.linedancermagazine.com](http://www.linedancermagazine.com)

E-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)

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16 count intro, (start with lyrics). Sequence: ABCCABBCCACCCCCC.

### Part A, 32 count – Feet Apart, Slow Hand Movements

1-4 Step R foot to right side, bending R knee diagonally forward(1), Look at R hand as it goes slowly in front & out to right side (3'o clock),

5-8 R foot slowly goes back next to L foot, weight still on left foot, as R hand goes to the middle of your waist, place right palm across left palm, palms open(8).

1-8 Feet stay put, with weight on L foot & R foot touching next to L foot, Slowly bring both hands down & then out to the sides. L hand, fingers pointing at 9 o'clock & R hand, fingers pointing at 3 o'clock. Palms facing upwards.

1-8 Step R foot to right side, bending R knee diagonally forward, body leans right, Looking at L hand, upper body turns L, leave L hand out at left side, but turn palm facing 9 o'clock, Bring R hand down, then bring R hand inwards, past your left hip, bending elbow, then upwards, past your face, R palm facing 9 o'clock, R hand should be above your head, (making  $\frac{3}{4}$  of a circle).R hand elbow slightly bent.

1-4 Still looking left, Transfer weight to L foot, touch R foot next to L foot, Body straightens up, L hand stays at left side, Bring R hand downwards to the same direction as L hand, right elbow bent, both palms facing left.(9 o'clock)

5-8 Slowly swing both arms downwards & then upwards to the right. Look right. Now L hand elbow is bent & R hand is straight, both palms facing right.(3 o'clock).

### Part B, 32 count – Toe Struts Forward, Walk Forward

1-4 Right toe strut, Left toe strut,

5-8 Walk forward, R, L, R, L.(option – on counts 6 & 8, bend knees, limping slightly)

### Toe Struts Backward, Walk Backwards

1-4 Right toe strut backwards, Left toe strut backwards,

5-8 Walk backwards, R, L, R, L.(option – on counts 6 & 8, bend knees, limping slightly)

### $\frac{1}{4}$ Monterey Turn X 2

1-4 Touch R toe to right side, L hand elbow bent, hand in a fist, at chin level. R hand in a fist, pointing down(1),  $\frac{1}{4}$  turn right stepping R foot next to left, (both hands still in a fist moves to waist level(2), Point L foot to left side, (exchange hand positions, now R hand is up at chin level & L hand is down (3), Step L foot next to right, (both hands at waist level (4),

5-8 Repeat steps 1-4.

### Hip Roll, Bumps

1-4 Roll hips a full circle from left backwards, anti clockwise,

5-8 Bump R, L, R, L. (Or Sway).

### Part C, 32 count – $\frac{1}{4}$ Turn, Hitch, $\frac{1}{4}$ Turn, Touch, Step Back, Tap, Step Forward, Touch

1-4  $\frac{1}{4}$  turn left stepping back on R foot(1), Hitch L foot(2),  $\frac{1}{4}$  turn right stepping down on L foot(3), Touch R toe next to L foot(4).

5-8 Take a big step back on R foot, Hands in a fist, pull back R hand, like a bow & arrow action(5) Tap L foot on the spot in front(6), Step down, forward on L foot(7), Touch R foot next to L foot. Bringing R fist forward, touching L fist (8).

### Step Right, Body Roll Right, Down & Sit, Hold For 3 Counts

1-3 Step R foot to right side, do a very slow body roll to the right,

4-5 Go downward slowly, sitting on R hip, R knee bent diagonally forward, L knee pointing at 9 o'clock, Upper body facing 12 o' clock,

6-8 Hold that pose for 3 counts.

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**¼ Turn, Kick, Coaster Step, Kick, ¼ Turn Kick, Coaster Step**

1-2 ¼ turn left, stepping down on left foot(1), Kick R foot forward(2),

3&4 Right coaster step,

5-6 Kick L foot forward(5), Kick L foot making a ¼ turn left(6),

7&8 Left coaster step.

**Side Rock Crosses, Bumps**

1&2 Step R foot to right side, recover on L foot & cross R foot over L foot,

3&4 Step L foot to left side, recover on R foot & cross L foot over R foot,

5-8 Bump R, L, R, L. (Or Sway).

(On the 3<sup>rd</sup> time at Part A, replace the last 4 counts with bumps or sway, to fit in better with music, to go into Part C. Otherwise, just leave it, it still works. To finish the dance, the dance ends with the bumps facing the back wall, so bump R, L, R & twist **upper body** right, facing front wall, knees bent & place both hands at sides with palms open & hold that pose).

**1<sup>st</sup> Place for Choreography**

at Dancefantasia, June 2005.

Judged by Doug & Jackie Miranda, Barry Amato, Simon Ward & Chris Watson.

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