

## Feel Real Good

32 count, 4 wall, beginner/intermediate level  
Choreographer: Bjarne Lund (DK) Feb 2007  
Choreographed to: Real Good Feel Good Song by  
Mel McDaniel, CMG Signature Series Album  
(114 bpm)

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Intro:16 counts. Start dance at vocals

### HEEL SHIFTS. STOMP. 1/4 TURN BOUNCES. HEEL SHIFTS. FORWARD SHUFFLE.

1&2& Tap right heel forward. Step right beside left. Tap left heel forward. Step left beside right.  
3&4 Stomp right forward. Bounce heels 1/8 turn left. Bounce heels 1/8 turn left  
5&6& Tap left heel forward. Step left beside right. Tap right heel forward. Step right beside left.  
7&8 Step left forward. Step right close beside left. Step left forward.

### VINE WITH HEEL JACK & CROSS. 1/2 TURN RIGHT. CROSS SHUFFLE.

9-10 Step right to right side. Cross step left behind right.  
&11&12 Step right to right side. Tap left heel diagonally forward. Step left beside right.  
Cross step right over left  
13-14 Turn 1/4 right stepping left back. Turn 1/4 right stepping right to right side.  
15&16 Cross step left over right. Step right close to left. Cross step left over right.

### SIDE ROCK. CROSS SHUFFLE. TOE POINTS. HEEL HOOK STEP.

17-18 Rock right to right side. Recover onto left.  
19&20 Cross step right over left. Step left close to right. Cross step right over left.  
21&22& Point left toe to left side. Step left beside right. Point right toe to right side. Step right beside left.  
23&24 Tap left heel forward. Hook left heel over right. Step left forward.

### FORWARD ROCK & TURN. SHUFFLE 1/2 TURN. BACK ROCK. WALK FORWARD.

25&26 Rock right forward. Recover onto left. Turn 1/2 right stepping right forward.  
27&28 Turn 1/4 right stepping left to left side. Step right beside left. Turn 1/4 right stepping left back.  
29-30 Rock right back. Recover onto left.  
31-32 Walk forward right. Walk forward left.  
Alternative: forward full turn left stepping right, left.

### TAG - DANCED AT THE END OF 2nd & 5th WALL

#### ROCKING CHAIR

1-2-3-4 Rock right forward. Recover onto left. Rock right back. Recover onto left

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