

## Feeling Good

44 count, 4 wall, Intermediate level

Choreographer: Michael Vera-Lobos (Aus) April 2006

Choreographed to: Feeling Good by Michelle  
McManus

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### Side Step/Drag, Cross Rock & Replace, Step Side, Cross & ¼ Left, ½ Left, Step Forward & ½ Pivot Left, Step Forward, ¼ Right & ½ Right, Cross

- 1-2&3 Large step left to left dragging right towards left, cross rock right over left & replace weight on left, step right to right (12:00)
- 4&5 Cross left over right & turn ¼ left stepping back on right, turn ½ left stepping onto left (3:00)
- 6&7 Step forward right, pivot turn ½ left, step forward right (9:00)
- 8&1 Turn ¼ right stepping left to left side, turn a further ½ right stepping right to right side, cross/step left over right (6:00)

### Side Rock Cross, Ball Cross, Side Rock Cross, ¼ Left, ½ Left

- 2&3&4 Rock right to right & replace weight left, cross right over left & step left to left, cross right over left (6:00)
- 5&6 Rock left to left & replace weight on right, cross left over right
- 7-8 Turn ¼ left stepping back on right, turn ½ left stepping onto left & slightly hitch right (lead into next section) (9:00)

### Cross Samba Forward, Cross & ¼ Left, ½ Left, Cross Samba Forward, Cross & ¼ Left, ½ Left

- 1&2 Travel forward - cross right over left & rock left to left, replace weight on right
- 3&4 Cross left over right & turn ¼ left stepping back on right, turn ½ left stepping onto left (12:00)
- 5&6 Travel forward - cross right over left & rock left to left, replace weight on right
- 7&8 Cross left over right & turn ¼ left stepping back on right, turn ½ left stepping onto left (3:00)

### Rock Forward, Replace & ½ Rock Forward, Replace & ¼ Left, Step Forward Right, ½ Pivot Left, 1 & ½ Triple Back Right

- 1-2& Rock forward right, rock back on left & turn ½ right stepping right beside left (9:00)
- 3-4& Rock forward left, rock back on right & turn ¼ left stepping left beside right (6:00)
- 5-6 Step forward right, pivot ½ left (right heel should be off floor) (12:00)
- 7&8 Turning back triple spin 1 ½ right stepping right, left, right (6:00)

### Sway Hips Left, Right, Large Step Left, Tap Behind (Click)

- 1-4 Sway hips left, right, take a large step left to left dragging right towards left, tap right toe behind left while rolling right hand to the right into a click (6:00) (weight on left)

### ¼ Walk, Cross Walk, Step Forward & ½ Pivot, Step Forward, Full Triple Forward Left, Step Forward, ½ Sweep

- 1-2-3&4 Turning ¼ right step onto right, step left forward slightly across right, step forward right & pivot ½ left, step forward right (3:00)
- 5&6 Full triple forward over left stepping left, right, left (3:00)
- 7-8 Step forward right, turning ½ right sweep left to left side (9:00)

### RESTART

On wall 3, dance to count 40. Start again facing 9:00 wall

On wall 4 dance to count 36. Hold to hear click in music.

Continue dance to face back wall and add hip sway left, right.

Start again with vocals

### TO FINISH

Dance to count 42 then step forward right & turn to the front sweeping left to left, sway hips left, right click right hand