

I Feel Good

Phrased, 48 Count, 4 Wall, Improver

Choreographer: Jo & John Kinser (UK) Dec 2013
Choreographed to: I Feel Good by Maquinaria Band.
(iTunes 159 bpm)

Sequence: 1-48x5, 1-32x4, 41-48x1, 1-48x2, 33-48x2, plus Ending.

Don't let the sequence put you off, just listen to the music, it will tell you what to do.

Start straight in (0.02).

1-8 Rock Fwd, Side, Back, Side-Hold

1,2 Rock Rt Fwd, Recover weight Lt
3,4 Rock Rt to Rt, Recover weight Lt
5,6 Rock Rt Back, Recover weight Lt
7,8 Step Rt to Rt, Hold

9-16 Weave Rt, Hip-Hold

1,2 Step Lt behind Rt, Step Rt to Rt
3,4 Step Lt over Rt, Step Rt to Rt
5,6 Step Lt behind Rt, Step Rt to Rt
7,8 Hitch Lt hip upwards (Bachata styling), Hold

17-24 Rock Fwd, Side, Back, Side-Hold

1,2 Rock Lt Fwd, Recover weight Rt
3,4 Rock Lt to Lt, Recover weight Rt
5,6 Rock Lt Back, Recover weight Rt
7,8 Step Lt to Lt, Hold

25-32 Weave Lt, 1/4 Turn, Touch, Hold

1,2 Step Rt behind Lt, Step Lt to Lt
3,4 Step Rt over Lt, Step Lt to Lt
5,6 Step Rt behind Lt, Make 1/4 turn Lt stepping Lt Fwd (9:00)
7,8 Touch Rt next to Lt, Hold

33-40 Swing Hips Rt/Lt, Rt/Lt

1,2 Hold, Step Rt to Rt with both palms facing Fwd and Swing Hips and Hands to the Rt (weight Rt)
3,4 Swing Hips and Hands to Lt, Hold (weight Lt)
5,6 Hold, Step Rt to Rt with both palms facing Fwd and Swing Hips and Hands to the Rt (weight Rt)
7,8 Swing Hips and Hands to Lt, Hold (weight Lt)

41-48 Taps x5, Drag

1,5 Tap Rt toe next to Lt 1), Tap Rt toe Slightly to Rt Diagonal 2,3,4, Press Rt toe to Rt lunging Rt, 5
6,7,8 Drag Rt foot toward Lt foot

33-40 Wall 3 (6:00) & 5 (12:00) Instrumental Section, Replace 33-40, with Hip Swings Full Turn

1,2 With palms facing Fwd Make 1/4 turn Lt Swinging Hips & Hands Rt to the Rt (Rocking Rt),
Swing Hips & Hands Lt to the Lt (weight Lt)
5-8 Repeat above completing a Full Turn

1-32 Wall 6, facing (9:00), after 32 counts:

Repeat 1-32, 4 times ending with 41-48 Taps x5, Drag facing (9:00)

Ending:

33-48 Wall (9:00) Facing (3:00), Repeat 33-48, 3 times total;

then add with Rt foot tapping at the Rt Diagonal tap 4 more times continuing to turn Lt
till your Rt foot is facing (12:00) then extend both arms out to both sides (Tada)
