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It Feels Good

40 Count, 4 Wall, Intermediate

Choreographer: Rich Klender – Feb 2017

Choreographed to: It Feels Good by Drake White

S1 Side Duck Walk, Shuffle Forward, Step ¼ Pivot, Step ¼ Pivot

1 Step right to right side while turning heels in (no weight on right)

2 Transfer weight to right while bringing toes back to center

3&4 Left shuffle forward (left, right, left)

5-6 Step right forward, pivoting ¼ turn to left, taking weight on left.

7-8 Step right forward, pivoting ¼ turn to left, taking weight on left.

NOTE: Counts 5-8 can be done with hip rolls instead of pivot turns.

S2 Side Duck Walk, Shuffle Forward, Step ¼ Pivot, Step ¼ Pivot

1 Step right to right side while turning heels in (no weight on right)

2 Transfer weight to right while bringing toes back to center

3&4 Left shuffle forward (left, right, left)

5-6 Step right forward, pivoting ¼ turn to left, taking weight on left.

7-8 Step right forward, pivoting ¼ turn to left, taking weight on left.

NOTE: Counts 5-8 can be done with hip rolls instead of pivot turns.

S3 Syncopated Grapevine, Hip Bumps

1-2 Step right to right side, step left behind

3&4 Step right to right side, step left across right, step right to right side

5&6 Bump hips: left, right, left (weight ends on left)

7&8 Bump hips: right, left, right (weight ends on right)

NOTE: Side body rolls can be done instead of hip bumps, 5-6 roll left, 7-8 roll right.

S4 Side Rock-Recover, ¼ Turn, Sailor Step, Hop Forward, Shimmies

1-2 Rock left to left side, recover right

3&4 ¼ turn left sailor step (left, right, left)

&5 Hop forward: right, left (weight ends on left)

6-8 Shimmie hips/shoulders left, right, left (weight stays on left foot)

S5 Walk Back, Shuffle Back, Walk Back, Shuffle Back

1-2 Step right back, then left

3&4 Shuffle back (right, left, right)

5-6 Step left back, then right

7&8 Shuffle back (left, right, left)

REPEAT!

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