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It Feels Good

32 Count, 4 Wall, Improver

Choreographer: Lucie Incardona & Martine Nageotte (FR)

Apr 2017

Choreographed to: It Feels Good by Drake White

Choreography written by Lucie (14 years) for the preparation of Master's Teams season 2016.2017

For the club "West Dance Story" (03 Biozat) modified for category Show

One thank you to Guericc Auville for his help on the translation of texts in English

Intro: 16 counts

Section 1 Syncopated Weave R, R Sailor, Cross Shuffle

1-2 Step R to R, left cross behind right
&3 4 Step R to R, Cross LF over R, step R to R
5&6 L sailor step (12:00)
7&8 Cross R over L, step L to left side, Cross R over L, (diagonal G)

Section 2 Toe Strut L R, Side Rock, Behind Side Cross

1-2 Step left toe forward, drop heel,
3-4 Step left toe side, drop heel
5-6 Step L to L, recover to R (12:00)
7&8 Step L, behind R, step L to L Cross R over L
***Restart (6:00)**

Section 3 Rock Step R, Triple ½ Turn R, Rock Step L, Coaster Step

1-2 Rock right foot forward, recover weight on to Left
3&4 Triple ½ turn right stepping right, left, right (6 :00)
5-6 Rock left foot forward, recover weight on to right
7&8 Step left foot back, close right beside left, step forward left

Section 4 Step Turn 1/2, Step Turn 1/4, Forward Touch + Clap

1-2 Step forward on R. pivot ½ turn left. (12:00)
3-4 Step forward on R. pivot ¼ turn left. (9:00) PDC sur G
5-6 Step RF forward, touch LF next to right and clap hands
7-8 Step LF forward, touch RF next to left and clap hands

***Restart: During 3ème wall after 16 counts, face to (6 :00)**

Final: At the end of the dance, to make a quarter of tour on the touch last one end at 12:00

Begin again with the smile!