



I Feel Phenomenal

64 Count 2 Wall Phrased Advanced Level Dance.
Choreographed by: Tim Johnson (UK), Fiona Murray (IRL)
& Roy Hadisubroto (NL) Aug 2023
Choreographed to: Phenomenal by Leftrightcenter
Intro: 16 Counts. Start at approx 7 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, Tag, B, A, Tag, B, A, B, B

Part A

- SEC 1 WALK, WALK, SIDE TOGETHER, KNEE POP, CROSS, ½ TURN HITCH, DRAG, CLAP 2X**
- 1-2 Walk R forward, Walk L forward
- &3&4 ¼ Turn L Step R to R side, Step L next to R, Lift heels pushing knees forward, Heels down weight on L (10:30)
- 5-6 Cross R over L, ¾ Turn R, Step back on L (3:00)
- &a7 ¼ Turn R Hitch R knee, Big step R to R side while dragging L (6:00)
- &8 Clap hands by bringing R hand down, L hand up, Clap hands by bringing L hand down, R hand up
- SEC 2 CROSS POINT, POINT SWITCHES, BODYROLL, BALL SIDE, HEEL SWIVEL**
- 1-2 Cross point L over R, Point L to L side
- &3&4 Close L next to R, Point R to R side, Close R next to L, Point L to L side
- 5-6 Angling body to 7:30, Start bodyroll from head downwards, Finish bodyroll taking weight on L (6:00)
- &7&8 Body angled to 7:30, Close R next to L, Step L to L side, Swivel R heel out, Swivel R heel in (6:00)
- SEC 3 DOROTHY STEPS, ROCK, RECOVER, STEP, ½ TURN PIVOT**
- 1-2& ¼ Turn R, Step R diagonally forward, Lock L behind R, Step R slightly diagonally forward (7:30)
- 3-4& Step L diagonally forward, Lock R behind L, Step L slightly diagonally forward
- 5-6 Rock R forward, Recover on L pushing hips back
- 7&8 Step R forward, Step L forward, ½ Turn R while transferring weight on R (1:30)
- SEC 4 EXTENDED LOCKSTEPS, SWEEP CROSS, HOLD, HIP BUMPS**
- 1&2& Step L forward, Lock R behind L, Step L forward, Lock R behind L
- 3&4 Step L forward, Lock R behind L, Step L forward while sweeping R from back to front
- 5-6 ¼ Turn L Crossing R over L, Step L to L side (12:00)
- 7&8 Hold, Bump hips R, Bump hips L

Part B

- SEC 1 WALK, WALK, KICK BALL STEP, SIT BALL STEP, SIT BALL STEP**
- 1-2 Walk R forward, Walk L forward
- 3&4 Kick R forward, Step R next to L, Step L forward
- 5 Bend both knees to seated position taking weight on R pushing hips back
- &6 Straighten knees taking weight on L close R next to L, Step L forward
- 7 Bend both knees to taking weight on R push hips back
- &8 Straighten knees taking weight on L close R next to L, Step L forward

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SEC 2 STEP, ¼ TURN, WEAWE, HITCH SLIDE, TOGETHER, BRING UP & LOCK

- 1-2 Step R forward, ¼ Turn L transferring weight on L
- 3&4 Cross R over L, Step L to L side, Cross R behind L
- &5-6 Hitch L, Make a big step to the L on L while dragging R, Touch R next to L
- 7 Bring both arms up, 90 degree angle, elbows out, inside fist facing head
- & staying in 90 degree angle drop fists below elbows,
- a Move fists towards body finishing in front of hips
- 8 Drop upper body down while popping R knee, fists rotate to face floor, elbows out

SEC 3 WALK, WALK, KICK BALL STEP, SIT BALL STEP, SIT BALL STEP

- 1-2 Walk R forward, Walk L forward
- 3&4 Kick R forward, Step R next to L, Step L forward
- 5 Bend both knees to seated position taking weight on R pushing hips back
- &6 Straighten knees taking weight on L close R next to L, Step L forward
- 7 Bend both knees to taking weight on R push hips back
- &8 Straighten knees taking weight on L close R next to L, Step L forward

SEC 4 STEP, ¼ TURN, WEAWE, HITCH SLIDE, TOGETHER, BRING UP & LOCK

- 1-2 Step R forward, ¼ Turn L transferring weight on L
- 3&4 Cross R over L, Step L to L side, Cross R behind L
- &5-6 Hitch L, Make a big step to the L on L while dragging R, Touch R next to L
- 7 Bring both arms up, 90 degree angle, elbows out, inside fist facing head
- & staying in 90 degree angle drop fists below elbows,
- a Move fists towards body finishing in front of hips
- 8 Drop upper body down while popping R knee, fists rotate to face floor, elbows out

Tag

OUT, OUT, IN, IN, STEP, HEAD, ¼ TURN ISOLATED SWIVELS, BACK, STEP, BODYROLL

- 1&2& Step on R heel in R diagonal, Step on L heel in L diagonal, Step R back to centre, Close L next to R
- 3-4 Step R forward, Look L, head faces 9:00 while body is facing 12:00
- 5&6& Swivel L heel R, Swivel R heel R, completing ¼ Turn L, Step L back, Step R to R side
- 7-8 Start bodyroll from head downwards, Finish bodyroll, as if sat on a bar stool

HANDS UP, DOWN, TWIST, ¼ TURN L, BACK ROCK, SLOWMOTION WALK, RUN RUN

- 1 Bring both arms up, 90 degree angle, handpalms facing forward
- 2 Keeping elbows in position, drop forearms forward, handpalms facing floor
- 3-4 Isolating upper/lower body, arms in same position upper body makes ¼ Turn L, Lower body finishes ¼ Turn L
- &5-6-7 Rock R back on R, Step forward on L while slowly bring R through (as if walking in slow motion)
- 8& Walk R forward, Walk L forward

