

# **Feels So Good!**

Choreographed by: Amy Christian (Singapore)

Choreographed to: It Feels So Good by Sonique, (Album: Hear My Cry)

Phrased, 2 Wall Line Dance, Intermediate Level

16 count intro, (start with lyrics) Sequence: A B C C A B B C C A C C C C C C.

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## **\*Part A, 32cts - Feet Apart, Slow Hand Movements**

1 – 4 Step R foot to right side, bending R knee diagonally forward(1), Look at R hand as it goes slowly in front & out to right side (3 o'clock),

5 – 8 R foot slowly goes back next to L foot, as R hand goes back to the middle of your waist, place right palm across left palm, palms open(8).

1 – 8 Feet stay put with weight on L foot & right touching next to left, Slowly bring both hands down & out to the sides. L hand, fingers pointing at 9 o'clock & right hand, fingers pointing at 3 o'clock.

1 – 8 Step R foot to right side, bending R knee diagonally forward, body leans right, Looking at L hand, Upper body turns L, leave L hand out at left side, but turn palm facing 9 o'clock, Bring R hand down, bending elbow, then bring R hand inwards & upwards, R palm facing 9 o'clock, R hand should be straight above your head, (making 3/4 of a circle).

1 – 4 Touch R foot next to L foot, Body straightens up, L hand stays at left side, Bring R hand downwards to the same direction as L hand, right elbow bent, both palms facing left.

5 - 8 Slowly swing both hands downwards & then upwards towards the right, now L hand elbow is bent & R hand is straight, both hands & palms facing right.

## **\*Part B, 32cts - Toe Struts Forward, Walk Forward**

1 – 4 Right toe strut, Left toe strut,

5 – 8 Walk forward R, L, R, L.

## **Toe Struts Backward, Walk Backwards**

1 – 4 Right toe strut backwards, Left toe strut backwards,

5 – 8 Walk backwards R, L, R, L.

## **¼ Monterey Turn, ¼ Monterey Turn**

1 – 4 Touch R toe to right side, L hand elbow bent, hands in a fist, at chin

level, R hand in a fist, pointing down,(1) ¼ turn right stepping R foot next to left, (both hands still in a fist moves to waist level),(2) Point L foot to left side,(exchange hand positions, now R hand is up at chin level & L hand is down),(3) Step L foot next to right, (both hands at waist level),(4)  
5 – 8 Repeat steps 1 – 4

### **Hip Roll, Bumps**

1 – 4 Roll Hips a full circle from left backwards, anti clockwise,  
5 – 8 Bump R, L, R, L. (or Sway)

### **\*Part C, 32cts - ¼ Turn Hitch, ¼ Turn, Touch, Step Back, Tap, Forwd, Touch**

1 – 4 ¼ turn left stepping back on R foot(1), Hitch L foot(2), ¼ turn right stepping down on L foot(3), Touch R toe next to L foot(4)  
5 – 8 Take a big step back on R foot(5), Tap L foot on the spot in front(6)  
(hands in a fist – pull back R hand(5), like bow & arrow action(6) Step down forward on L foot(7), Touch R foot next to L foot. (hands in a fist – R hand goes forward, touching L hand)

### **Step Right, Body Roll Right, Down & Sit, Hold for 3 Counts**

1 – 3 Step R foot to right side, do a very slow body roll to the right,  
4 – 5 Go downward slowly, sitting on R hip, R knee bent diagonally forward, L knee pointing at 9 o'clock,  
6 – 8 Hold that pose for 3 counts,

### **¼ Turn, Kick, Coaster Step, Kick, Kick, Coaster Step**

1 – 2 ¼ Turn left, stepping down on L foot(1), Kick R foot forward(2),  
3&4 Right coaster step,  
5 –6 Kick L foot forward(5), kick L foot making a ¼ turn left(6).  
7&8 Left coaster step.

### **Side Rock Crosses, Bumps**

1&2 Step R foot to right side, recover on L foot & cross R foot over L foot,  
3&4 Step L foot to left side, recover on R foot & cross L foot over R foot,  
5 – 8 Bump R, L, R, L. (or Sway)

(On the 3<sup>rd</sup> time at Part A , replace the last 4 counts with bumps or sway, to fit in better with music to go into Part C, otherwise leave it, it still works - The dance ends with the bumps, so bump R L R & twist upper body 1/2 turn R & pose)

ENJOY!

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