

It Feels Good, Good, Good

Count: 32 Wall: 4 Level: Beginner / Intermediate

Choreographer: Gail Smith - March 2015

Music: It Feels Good by Drake White

INTRO: 16 Counts from the downbeat (begin on Vocals)

K-STEP with CLAPS

- 1 - 2 & Step R to R fwd diagonal, touch L toes next to R foot and CLAP, CLAP
- 3 - 4 Step L to L back diagonal (center), touch R toes next to L foot and CLAP
- 5 - 6 & Step R to R back diagonal, touch L toes next to R foot and CLAP, CLAP
- 7 - 8 Step L to L fwd diagonal (center), touch R toes next to L foot and CLAP

JAZZ BOX with CROSS, SYNCOPATED WEAVE, HEEL JACK w CROSS

- 1-2-3-4 Step R across L, step L back, step R to side, step L across R
- & 5 & 6 Step R to side, step L crossed behind R, step R to side, step L across R
- *** (Easy Option: 5 - 6 Step R to side, step L crossed behind R)**
- & 7 Step R to side, tap L heel to fwd L diagonal
- & 8 Step slightly back on L, step R across L

******* RESTART here on wall 3. Happens facing 6:00**

Change count 8 to touch R toes next to L foot for the Restart.

BOUNCE, BOUNCE (1/2 turn), COASTER STEP, KICK-BALL-CHANGES

- 1 - 2 On balls of both feet, turn 1/4 L and bounce on heels, REPEAT [6:00]
- (ending with weight on RIGHT foot)**
- 3 & 4 Step L back, step R together, step L fwd
- 5 & 6 Kick R fwd, step ball of R next to L foot, step L in place
- 7 & 8 Kick R fwd, step ball of R next to L foot, step L in place

JAZZ BOX with 1/4 TURN, TOE POINTS, HEEL SWITCHES

- 1-2-3-4 Step R across L, step L back, turn 1/4 R stepping R to side, step L fwd 9:00
- 5 & 6 Tap R toes out to side, step R next to L foot and tap L toes out to side
- & 7 Step L together, tap R heel fwd
- & 8 & Step R together, tap L heel fwd, L step together

START AGAIN!

ENDING: IF you want to end facing the front, change the 1/4 turn Jazz box to 1/2 turn and do the footwork facing the front!

A BIG thank you to Tina Frances Cloud Myerson for this music suggestion!