

It Feels Good

Count: 32 Wall: 4 Level: Beginner

Choreographer: Laura Rittenhouse (AUS) – December 2022

Music: It Feels Good by Drake White

Start after 24 beats

S1: WALK FWD R, L, DIG R HEEL FWD X 2; WALK BACK R, L, TAP R TOE BACK X 2

1,2,3,4 Step R fwd, Step L fwd, Dig R heel fwd, Dig R heel fwd (feel free to lean back when digging heels)

5,6,7,8 Step R back, Step L back, Tap R toe to back, Tap R toe to back (feel free to lean fwd when tapping toes)

S2: FULL CIRCLE TURN WITH SHUFFLES

1&2,3&4 Making a ¼ turn L shuffle R,L,R (step R forward, Step L beside R, Step R forward) (9:00), Continuing turning L shuffle L,R,L (6:00)

5&6,7&8 Continuing turning L shuffle R,L,R (3:00), Continuing turning L shuffle L,R,L (12:00)

S3: STEP UP ON R DIAG, DRAG L, 2XL HEEL BOUNCES; REPEAT DOWN ON L DIAG

1,2,3,4 Step R fwd on R diagonal, Drag L beside R, Bounce L heel, Bounce L heel

5,6,7,8 Step L back on L diagonal, Drag R beside L, Bounce R heel, Bounce R heel

S4: VINE RIGHT & LEFT WITH ¼ TURN L

1,2,3,4 Step R to R, Cross L behind R, Step R to R, Dig L heel to L (feel free to lean your body R)

5,6,7,8 Step L to L, Cross R behind L, Turn ¼ L stepping with L (9:00), Touch R beside L

Choreographer's note: this dance is more fun if you put some body language into it. My suggestions come in the "(feel free...)" comments but swinging your arms as you skip in a circle also helps 😊