

# Feeling Good



**Choreographers:** Chris & Terri Cantrell, 960 Garnet St., Broomfield, CO 80020; 303-469-9140, [dance@ctkr.com](mailto:dance@ctkr.com)  
**Music:** "Feeling Good" Michael Buble, CD: *It's Time* (143/Reprise), Trk #1, download<sup>1</sup>, or choreographer  
**Speed:** Increase 5-10% to taste **Music Modification:** Info Below<sup>2</sup>  
**Rhythm & Phase:** West Coast Swing, Phase ~V + unphased figures & variations **WCS Difficulty Level:** High Intermediate  
**Footwork:** Directions for M, W normal opposite, exceptions in ( ) **Comments:** [Notes] & [[Option]]  
**Sequence:** **Introduction A B C**

## Introduction

### **Wait ; Circle M snap 4 W hip bump 4 (LOP-fcg Wall) ; ; 2 Sailor Shuffles ; 3 Q Sd Brks & Freeze;**

- [0] {**Wait about 1 measure**} Wait in sd-by-sd pos both fcg LOD with lead ft free through vocals: "and I'm feeling good" & start dancing on instrumental section;
- Q- Q- [1] {**Circle M step snap 4 W hip bump 4**} Circle LF fwd L/ snap lft fingers, fwd R, snap; Fwd L, snap, fwd R snap (W Circle RF fwd R, bump lft hip to sd, fwd L, bump rt hip; Fwd R, bump lft hip, fwd L, bump rt hip) LOP-fcg Wall;
- Q&Q Q&Q [3] {**2 Sailor Shuffles**} XLIB of R/ small sd R, sd L, XRIB of L/ small sd L, sd R;
- &Q &Q &Q - [4] {**3 Q Side Breaks & Freeze**} Sd L/ sd R, cls L twd R/ cls R to L, sd L/ sd R, freeze LOP-fcg Wall;

## Part A

### **IS Whip w IS Trn ; ; Dbl Whip ; ; , Sgr Psh w 4 Rks In & Out ; ; ; , Surprise Whip ; ; , Lft Sd Pass ; ;**

- QQ Q&Q [0] {**Inside Whip with Inside Turn**} Bk L, fwd & acrs R trn RF raise jnd hnds bet faces, sd L/ rec R trn RF, fwd & sd L CP-COH raise jnd hnds bet faces; XRIB of L<sup>#</sup>, trn 1/2 RF fwd L (W Fwd R, fwd L trn 1/2 LF, bk R/ cls L to R, fwd R; Fwd L, fwd R trn 1/2 LF), anchor step\* LOP-fcg Wall; [Anchor Step description is on the bottom of last page] [[#M Option on whip figures: cls R to L - instead of XRIB of L]]
- QQ Q&Q [2] {**Double Whip**} Bk L, fwd & acrs R trn RF, sd L/ rec R trn RF, fwd & sd L CP-COH; XRIB of L<sup>#</sup>, trn RF 1/2 sd L, XRIB of L<sup>#</sup>, trn LF 1/2 fwd L (W Fwd R, fwd L trn 1/2 RF, bk R/ cls L to R, fwd R; Trn 1/2 RF sd L, fwd R, trn 1/2 RF sd L, bk R); Anchor step LOP-fcg COH,
- QQ (Q-) [4.5] {**Sugar Push with 4 Rocks In & Out**} Bk L, small bk R dbl hnd hold; Rk fwd L, rec R, rk fwd L, rec R; Rk fwd L, rec R, rk fwd L, rec R/ fwd L (W Fwd R, fwd L partial wgt dbl hnd hold; Rk fwd L, rec R, rk fwd L, rec R; Rk fwd L, rec R, rk fwd L, rec R); Anchor step LOP-fcg COH,
- QQ [7.5] {**Surprise Whip**} Bk L, fwd & acrs R trn RF; Sd L/ rec R trn RF, fwd & sd L CP-Wall, trn W RF fwd R, rec L raise lead hnds (W Fwd R, fwd L trn 1/2 RF; Bk R/ cls L to R, fwd R, trn 1/2 RF bk L, rec R; French cross: trn 1/4 RF under lead hnds sd L/ XRIF of L, sd L swvl LF); Anchor step LOP-fcg Wall,
- QQ -Q (Q&Q) [9.5] {**Left Side Pass**} Bk L, fwd & sd R swvl 1/4 LF; Tap L sd, fwd & acrs L trn LF (W Fwd R, fwd L; Trn 1/4 LF sd R/ XLIF of R, sd R swvl 1/4 LF), anchor step LOP-fcg COH; [end measure 11]

## Part B

### **Half Whip ; ; Sugar Tuck & Twirl to Hammerlock ; , UA Trn ; ; Dbl Whip w Rocks ; ; ,**

### **Sugar Scoop 4 w Hook & Snap & Body Ripple ; ; ; ; ; Sugar Push ; , Half Whip ; ; ,**

### **Sugar Scoop 4 w Hook & Snap & Body Ripple ; ; ; ; ;**

- QQ Q&Q [0] {**Half Whip**} Bk L, fwd & acrs R trn RF; Sd L/ rec R trn RF, bk L chkg, fwd R, fwd L (W Fwd R, fwd L trn 1/2 RF; Bk R/ cls L to R, fwd R chkg, bk L, bk R); anchor step LOP-fcg Wall,
- QQ -Q [2] {**Sugar Tuck & Twirl to Hammerlock**} Bk L, small bk R, tap L fwd, fwd L; Triple R/ L, R twirl W (W Fwd R, fwd L, tap R to L, rec R commence trn RF; Triple L/ R, L cont trn RF und ld hnds end with trail hnds beh bk) hmrlick-pos Wall,
- QQ Q&Q [3.5] {**Underarm Turn**} Bk L, fwd & acrs R trn RF; sd L/ rec R trn RF, fwd & sd L (W fwd R, fwd L; French cross: trn 1/4 RF under lead hnds sd L/ XRIF of L, sd L swvl LF), anchor step LOP-fcg COH;
- QQ Q&Q [5] {**Double Whip with Rocks**} Bk L, fwd & acrs R trn RF, sd L/ rec R trn RF, fwd & sd L CP-COH; Trn 1/2 RF fwd R, sd L, trn 1/2 RF fwd R, fwd L (W Fwd R, fwd L trn 1/2 RF, bk R/ cls L to R, fwd R; Trn 1/2 RF sd L, fwd R, sd L trn 1/2 RF, bk R); Anchor step LOP-fcg Wall,

<sup>1</sup>Download available on <http://www.real.com/realone/rhapsody> & others.

<sup>2</sup>Original music has been modified for length, cut the first 43.3 seconds.

- QQ [7.5] **{Sugar Scoop 4 with Hook & Snap & Body Ripple}** Bk L, small bk R; Pt L, fwd L/ cls R to L, pt L fwd, fwd L/ cls R to L; Pt L fwd, fwd L/ cls R to L, pt L fwd, fwd L/ cls R to L; Pt L, fwd L, hook RIB of L & trn RF away from prtner, rec L/ slt fwd R; Trn LF to fac (W Fwd R, fwd L; Pt L/ bk R/ cls L to R, pt R bk, bk R/ cls L to R, pt R bk; Bk R/ cls L to R, pt R bk, bk R/ cls L to R, pt R/ bk R, hook LIB of R & trn LF away from prtner, rec R/ slt fwd L; Trn RF to fac), slow body ripple gradually move body fwd start at feet & move upward maintain wgt on R (W L) LOP-fcg Wall; [use a side body ripple action on the "scoop" part of the figure]
- QQ -Q Q&Q [12] **{Sugar Push}** Bk L, sm bk R, tap L fwd, fwd L (W Fwd R<sup>s</sup>, fwd L, tap R, take wgt onto R); Anchor step, [Woman: After taking the first fwd R, the R stays in the same area on the floor throughout the rest of the figure]
- [13.5] **{Half Whip}** Repeat Part B – Measure 0 – 2 LOP-fcg COH,
- [15.5] **{Sugar Scoop 4 with Hook & Snap & Body Ripple}** Repeat Part B – Measures 7.5 – 12 start half out and end LOP-fcg COH,;;; [end measure 20]

## Part C

**Wrapped Whip ; ; Inside Dbl Whip w IS Trn ; ; , Left Side Pass SCP ; ; Revolving Tuck & Twirl ; ; Left Side Pass SCP ; ; Revolving Tuck & Twirl ; , Left Side Pass CP ; ; 2 Quick Close Points, Slow "I Love You So" twice ; , Throwout Tck & Twrl ; ; Sugar Push w 4 Rks In & Out ; ; ; IS Whip w IS Trn ; ; Lft Sd Pass CP ; , 4 Slow Side sultry Rcks .**

- QQ Q&Q [0] **{Wrapped Whip}** Bk L, fwd & acrs R trn RF, sd L/ rec R trn RF raise lft hnd, fwd & sd L wrapped pos Wall; XRIB of L<sup>#</sup> trn LF, fwd L (W Fwd R, fwd L, fwd R/ cls L to R, bk R; Bk L, bk R), anchor step LOP-fcg COH; [Wrapped Whip aka Locked Whip]
- QQ Q&Q [2] **{Inside Double Whip with Inside Turn}** Bk L, fwd & acrs R raise jnd hnds bet faces, sd L/ rec R trn RF, fwd & sd L CP-Wall; XRIB of L<sup>#</sup> trn LF 1/2, sd L, raise jnd hnds bet faces XRIB of L<sup>#</sup> trn LF 1/2, fwd L (W Fwd R, fwd L swvl 1/2 LF, bk R/ cls L to R, fwd R; Trn 1/2 RF sd L, fwd R, trn LF fwd L, fwd R trn 1/2 LF); Anchor step LOP-fcg Wall,
- QQ Q&Q Q&Q [4.5] **{Left Side Pass to SCP}** Bk L, fwd & sd R swvl 1/4 LF; Tap L sd, fwd & acrs L trn 1/4 LF, cont LF trn triple R/ L, R (W Fwd R, fwd L; Trn 1/4 LF sd R/ XLIF of R, sd R swvl 1/4 LF, cont LF trn triple L/ R, L) SCP-Wall;
- QQ -Q Q&Q [6] **{Revolving Tuck & Twirl}** Bk L, bk R trn LF, tap L & tuck W, fwd L twd wall twirl W RF (W bk R trng LF, fwd L cont trn, %tch R to L in tuck, fwd R twirl under lead hnds); Anchor step LOP-fcg COH, [[<sup>o</sup>W Option on tuck figures (Timing replace -Q with &QQ): /sd R, XLIF of R ]]
- [7.5] **{Left Side Pass to SCP}** Repeat Part C – Measures 4.5 – 6.0 to SCP-COH;;
- [9] **{Revolving Tuck & Twirl}** Repeat Part C – Measures 6 – 7.5 to LOP-fcg Wall;;
- [10.5] **{Left Side Pass to CP}** Repeat Part C – Measures 4.5 – 6.0 to CP-RLOD;;
- &- &- [12] **{2 Quick Close Points}** Cls L to R/ pt R sd, cls R to L/ pt L sd, [Timing with points & foot action &Q&Q ]
- S Q- [12.5] **{Slow "I Love You So" Twice}** Sd L partial wgt move hips lft; Sd R partial wgt move hips rt/ move hips away from prtner, bring hips twd prtner bump belly with prtner, repeat & blend to SCP-Wall complete wgt transfer to R (W L); [Timing with hips & foot action SQ&Q SQ&Q ]
- QQ -Q Q&Q [14.5] **{Throwout Tuck & Twirl}** Fwd L, rec R; Tap L & tuck W, fwd L twd wall twirl W RF (W Bk R, rec fwd L; Trn LF & %tch R to L in tuck, fwd R twirl under lead hnds), anchor step LOP-fcg Wall;
- [16] **{Sugar Push with 4 Rocks In & Out}** Repeat Part A – Measures 4.5 – 7.5;;
- [19] **{Inside Whip with Inside Turn }** Repeat Part A – Measures 0 – 2 LOP-fcg Wall;;
- [21] **{Left Side Pass to CP}** Repeat Part C – Measures 4.5 – 6.0 to CP-RLOD;;
- QQQQ [22.5] **{4 Slow Side Rocks}** Sd L partial wgt move hips lft, sd R partial wgt move hips rt, repeat L/ R with hips as music fades. [In a sultry 'feeling good' way – aka bump & grind without the bump] [end measure ~23.5]

**[measure numbers]:** Because WCS figures often span partial measures we have numbered the measures in each part beginning with '0' (zero). Example 1: if the 1<sup>st</sup> figure was only a half measure it would start at [0] and the next figure would start at [.5]. Example 2: if the 1<sup>st</sup> figure is 1½ measures it would start at [0] and figure #2 would start at [1.5]. If the 2<sup>nd</sup> figure is 2 measures starting at [1.5], the 3<sup>rd</sup> figure would start at [3.5] and so on.

**Syncopations:** A wide variety of syncopations can jazz up the beginning, middle, and or the ending of each figure. For a brief list please see the "Sugar Push article on website below or the URDC Technical Dance Manual (<http://www.urdc.info> – WCS compiled by Wayne & Donna Slotsve from Buddy Schwimmer's brain).

**Anchor Step:** Figure starts with the trail foot. Cross trail foot in back of lead foot, recover onto lead foot, and step slightly side and back with your trail foot. The timing is like a triple in jive, quick and quick (Q&Q). **Footwork:** XRIB of L/ rec L, sd & bk R (W XLIB of R/ rec R, sd & bk L)

**Hammerlock:** Hammerlock is like the "Tamara" position. The lead hands (M's left hand & W's right hand) are held high and the trail hands (M's right hand & W's left hand) are joined low behind the W's back. The couple is in BJO position (slight offset to the right of each other).

For additional information about West Coast Swing please visit <http://www.ctkr.com> & click on "Clinic Notes"