

## FEELING GOOD FOXTROT

CHOREO: Manuela & Karlheinz Süß, In den Kirschen 79, D-80992 München, Germany  
Tel. +49-89-91077936 e-mail: [muk\\_suess@web.de](mailto:muk_suess@web.de) **Version 1.2**  
MUSIC: CD, CM-DCD 605 Casa Musica, Ballroom Stars Vol. 1, Disc 2, Track # 6  
RHYTHM: Slowfox Phase V  
FOOTWORK: opposite, except, where noted

**SEQUENCE: Intro - A - A - B - C - B - End**

### Intro:

#### 1- 4

1 - 2  
3 - 4 SS

#### WAIT;; TOG, -, TCH, -; FEATHER FINISH:

LOP fcg ptr & DRW ld ft free wait 2 meas;;  
{TOG, -, TCH, -;} fwd L, -, tch R to L, -;  
{FTHR FIN} bk R trng LF, -, sd & fwd L, fwd R XIF;

### Part A:

#### 1- 4

1  
2  
3  
4

#### THREE STEP; ½ NAT TRN; CLOSED IMPETUS; FEATHER FINISH:

{THREE STP} Fwd L, -, fwd R, fwd L all passing steps;  
{1/2 NAT TRN} Fwd R DLW between W's Feet start RF trn, -, sd L DLW, bk R  
LOD (W bk L beg RF trn, -, cl R for heel trn comm RF trn, fwd L) to CP RLOD;  
{CL IMP} Bk L trng RF prep for heel trn, -, cont heel trn & trans weight to R, sd &  
bk L;  
(W fwd R comm RF trn between M's feet, -, sd & fwd L cont RF trn around M &  
brush R to L, fwd R between M's feet) to CP LOD;  
{FTHR FIN} bk R trng LF, -, sd & fwd L, fwd R XIF; to CBMP/DLC;

#### 5 - 8

5  
6 - 7 SQQ  
QQQQ  
8

#### REVERSE WAVE 3; CK & WEAVE;; HOVER TELEMAR:

{REV WAV 3} Fwd L comm LF trn, -, fwd & sd R cont trn, bk L  
(W Bk R comm LF trn, -, cl L to R (heel trn), fwd R);  
{CK & WEV} Ck bk R, -, rec fwd L comm LF trn, cont trn sd & bk R; Bk L CBMP in  
BJO, bk R cont trn, cont trn sd & fwd L, fwd R to CBMP in BJO/DLW;  
{HVR TELE} Fwd L, -, diag sd & fwd R rising slightly with body trn 1/8 to R, fwd L  
to SCP (W bwd R, -, sd & bk twd WALL trn 1/8 to R, fwd R twd LOD);

#### 9 - 12

SS

#### CURVED FEATHER CK; BACK FEATHER; FEATHER FINISH; CHANGE OF DIRECTION:

{CRV FTHR CHECK} Fwd R comm RF trn, -, fwd & sd L w/strong bdy trn RF, ck  
fwd R in CBMP in BJO (W Fwd L comm LF trn, -, bk L passing well undr bdy cont  
LF trn, bk R well undr bdy);  
{BK FTHR} Bk L, -, bk R w/R shld ld, bk L to CBMP in BJO;  
{FTHR FIN} bk R trng LF, -, sd & fwd L, fwd R XIF to CB/DLC;  
{CHG OF DIR} Fwd L, -, fwd R DLW trng LF drw L to R to CP DLC;

### Part B:

#### 1- 4

1- 2  
3  
4

#### REVERSE WAVE;; CLOSED IMPETUS; FEATHER FINISH:

{REV WAV} Fwd L comm LF trn, -, sd R line of progression, bk L DLW; Bk R line  
of progression, -, bk L, bk R curving LF to end CP/RLOD  
(W Bk R comm LF trn, -, cl L to R (heel trn), fwd R; fwd L, -, fwd R, fwd L curving);  
{CL IMP} Repeat meas 3 of Part A;  
{FTHR FIN} Repeat meas 4 of Part A;

**5 - 8****THREE STEP; NATURAL HOVER CROSS;; TO TOP SPIN;**

- 5 {THREE STP} Repeat meas 1 of Part A;  
 6 - 7 SQQ {NAT HVR CROSS} Fwd R comm RF trn, -, sd L w/L sd stretch, cont RF trn sd R;  
 QQQQ Fwd L outsd ptr in CBMP, rec R, sd & fwd L, fwd R outsd ptr in CBMP/start Top Spin  
 (W Bk L comm RF trn, -, cl R to L (heel trn), cont RF trn sd L; Bk R in CBMP, rec L, sd & bk R, bk L)  
 8 &;QQQQ {TO TOP SPN} /Spin LF on R; Bk L in CBMP, bk R trn LF, sd & fwd L, fwd R in CBMP outsd ptr  
 (W /Spin LF on L; Fwd R in CBMP, fwd L trn LF, sd & bk R, bk L);

**9 -10****WHISK; FEATHER;**

{WSK} Fwd L to CP, -, fwd & sd R & rise, XLIB  
 (W bk R, -, bk & sd L & rise, XRIB);  
 {FTHR} Thru R, -, fwd L, fwd R  
 (W thru L trng LF twd ptr, -, sd & bk R, bk L) to end CBMP/DLC;

**Part C:****1 - 4****OP TELEMARK; NAT FALLAWAY WEAVE;; CHANGE OF DIRECTION;**

- 1 {OP TELE} Fwd L comm LF trn, -, sd R cont trn, sd & fwd L  
 (W Bk R comm LF trn bringing L beside R w/no wgt, -, cont LF trn on R heel and chg wt to L, sd & fwd R) to SCP DLW;  
 2 - 3 SQQ {NAT FAL WEV} Thru R, -, fwd L trn RF, bk R falwy pos bkg DLC; bk L bk R to CP,  
 QQQQ sd & fwd LDW, fwd R  
 (W Thru L, -, fwd R trn RF, bk L falwy pos bkg DC; bk R, fwd L slp pvt LF, sd & bk R DW, bk L) to CP DLW;  
 4 {CHG OF DIR} Repeat meas 12 of Part A;

**5 - 8****TURN L & CHASSE TO BJO; DBL BK BOUNCE; WEAVE ENDING; CHANGE OF DIRECTION;**

- 5 SQ&Q {TRN L & CHS TO BJO} Fwd L comm LF trn, -, sd R cont LF trn/cl L, sd R compl trn to BJO;  
 6 QQQQ {DBL BK BOUNCE} Bk L in CBMP, cl R, bk L, cl R with bounce action;  
 7 QQQQ {WEV END} Bk L in BJO, bk R to CP trn LF, sd & fwd L DLW, fwd R CBMP DLW  
 (W Fwd R, fwd L trn LF, sd & bk R, bk R CBMP);  
 8 {CHG OF DIR} Repeat meas 12 of Part A;

**ENDING:****1 - 4****REVERSE TURN;; HOVER TELEMARK; CHAIR & SLIP;**

- 1 - 2 {REV TRN} Fwd L comm LF trn, -, sd R cont LF trn, bk L LOD; bk R cont LF trn, -, sd & fwd L DLW, fwd R to CBMP DLW  
 (W Bk R comm LF trn, -, cl L to R (heel trn) cont LF trn, fwd R to CP; Fwd L cont LF trn, -, sd R DLW, bk L to CBMP);  
 3 {HOV TELE} Repeat meas 8 of Part A;  
 4 {CHR & SLP} Ck thru R w/lun action, -, rec L, slp R bk to CP DLC  
 (W Ck thru L w/lun action, -, rec R, swvl LF on R & stp fwd L outsd ptr to CP DLC);

**5 - 6****QK L PIVOT TO HINGE; & EXTEND;**

- QQS {PVT L TO HINGE} Fwd L comm LF trn ½ to fc RLOD, bk R cont LF trn, sd & fwd L, cont L sd stretch lead W to XIB  
 (QQ&S) (W Bk R comm LF trn ½ to fc LOD, fwd L comm LF trn/sd R, XLIB, -);  
 (& EXTEND) Extend hinge line, as long as you hear music;