

It Feels Good

Choreographer: Cherie Cox, Coos Bay Oregon clc4456@charter.net

Music: It Feels Good, Artist: Drake White eMp3 Downloaded from Amazon.com Download length: 2:42; Increase speed by 4 % or to comfort Footwork: Opposite, except as noted Dance: Two Step Phase II + 1(Strolling vine) November 2015

Sequence: INTRO A, B, INT, A, B, C, B, B, END

INTRODUCTION (6)

Wait ;; Sciss thru twice ;; Two FWD 2-stps ;;

- 1-2 Wait in BFLY
3-4 [Scissor thru] sd L, cl R, xLif -; Sd R, Cl L, xRif -;
5-6 [Two Fwd Two Stps] fwd L, cl R to L, fwd L, -; fwd R, cl L to R, fwd R, to fc;

PART A (8) Layin' with my Lady...

TRAV Box ;;;; Lace up ;;;;

- 1-4 [Traveling Box] Sd L, cl R, fwd L-; rlsng trail hnds & trng _ rt fc fwd R, L trng _ lft fc to fc Ptnr-; sd R, cl L, bk R-; trng _ lft fc fwd L-, trng _ rt fc fwd R to LOD-;
5-8 [Lace up] Fwd L, cl R, fwd L(As W prog undr ld hnds R,L,R) ro LOP,-; Fwd R, cl L, fwd R,-; Change hnds Fwd twd LOD Fwd L, cl R, fwd L(As W prog undr trlg hnds R,L,R) to OP/LOD,-; Fwd R,cl L, fwd R -To LOD;

PART B (8) It feels good

FC/FC & BK/BK ;; BB TRN ;; Hitch DBL ;; 2 TRNG 2-stps ;;

- 1-2 [Face to Face and Back to Back] Sd L, cl R sd L trng ¼ LF (W RF),-; Sd R, cl L, sd R trng ,-;
3-4 [Basketball turn] Sd L,-, Rc R,-; Thru L turning RF(LF),-, Continue turn Rc R to CP/WALL,-;
5-6 [Hitch DBL] Fwd L, Cl R to L, Bk L,-; Bk R, cl L to R, fwd R to CP/WALL, -;
7-8 [Two turning 2-STPS] Sd L, clo R, trng 3/8 rt fc bk L to CP/COH-; sd R, clo L, trng ¼ rt fc fwd R to LOD-;

Interlude (4) Music

Left TRNG box ;;;;

- 1-4 [Left Trng Box] Sd L, Cl R to L, Fwd L trng ¼ LF,;, -; Sd R, Cl L to R, Bk R trng ¼ LF, -; Sd L, Cl R to L, Fwd L trng ¼ LF,;, -; Sd R, Cl L to R, Bk R trng ¼ LF, to BFLY/WALL -;

PART C (16) music

Strolling vine ;;;; Two FWD 2-stps ;; Vine apt & tog ;; Vin 3 tch ; Wrap ;

Unwrap ; Change sides ; Vin 3 tch ; Wrap ; Unwrap ; Change sides ;

- 1-4 [Strolling Vine] Sd L,-, xRib (WxLif),-; Sd L, cl R, sd & fwd L trng ½ Lf to CP COH,-; Sd R,-, x Lib (WxRif),-; Sd R, cl L, sd & fwd R trng ½ Rf to semi ,-;
5-6 [Two Fwd Two Stps] Fwd L, Cl R to L, Fwd L, -; Fwd R, Cl L to R, Fwd R, to OP/LOD;
7-8 [Vine apt & TOG] SD L, XIB R, SD L, -; SD R, XIB L, SD R, -; to BFLY/wall
9-10 [vine 3, touch- wrap] Sd L, XRib, sd L,-; sd R (W sd L trng if W hnds jnd to M's), cl L, sd R (W sd L trng to wrpd pos),-;
11-12 [Unwrap- change sides] Sd L twd LOD (W begin to unwrp trng RF),cl R, sd L(W fully unwrpd),tch,-; Fwd R twd WALL (W fwd L twd COH), cl L, both trng RF, fwd R to BFLY/COH,-;
13-14 Repeat Meas 9-10 ;;
15-16 Repeat Meas 11-12 to BFLY/WALL;;

ENDING (8) music

Two FWD 2-stps ;; Left TRNG box ;;;; Two SD closes ; Apt pt ;

- 1-2 [Two Fwd Two Stps] Fwd L, Cl R to L, Fwd L, -; Fwd R, Cl L to R, Fwd R, to LOD;
3-6 [Left Trng Box] Sd L, Cl R to L, Fwd L trng ¼ LF,;, -; Sd R, Cl L to R, Bk R trng ¼ LF, -; Sd L, Cl R to L, Fwd L trng ¼ LF,;, -; Sd R, Cl L to R, Bk R trng ¼ LF, to BFLY/WALL -;
7 [2 side closes] Sd L, cl R, sd L, cl R;
8 [Apart point] Step apart L, -, point R twd partner, -;

Quick Cues

Sequence: INTRO A, B, INT, A, B, C, B, B, END

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PART A (8) Layin with my Lady...

TRAV Box ;;;; Lace up ;;;;

PART B (8) It feels good

FC/FC & BK/BK ;; BB TRN ;; Hitch DBL ;; 2 TRNG 2-stps ;;

Interlude (4) Music

Left TRNG box ;;;;

PART A (8) well I bought

TRAV Box ;;;; Lace up ;;;;

PART B (8) It feels good

FC/FC & BK/BK ;; BB TRN ;; Hitch DBL ;; 2 TRNG 2-stps ;;

PART C (16) music

Strolling vine ;;;; 2 FWD 2-stps ;;; Vine apt & tog ;;; Vin 3 tch ; Wrap ;
Unwrap ; Change sides ; Vin 3 tch ; Wrap ; Unwrap ; Change sides ;

PART B (8) It feels good

FC/FC & BK/BK ;; BB TRN ;; Hitch DBL ;; 2 TRNG 2-stps ;;

PART B (8) It feels good

FC/FC & BK/BK ;; BB TRN ;; Hitch DBL ch ;;; 2 TRNG 2-stps ;;

ENDING (8) music

2 FWD 2-stps ;;; Left TRNG box ;;;; 2 SD closes ; Apt pt ;