Feeling Good

Choreographers: Chris & Terri Cantrell, 960 Garnet St., Broomfield, CO 80020; 303-469-9140, dance@ctkr.com
Music: “Feeling Good” Michael Buble, CD: It’s Time (143/Reprise), Trk #1, download¹, or choreographer
Speed: Increase 5-10% to taste
Rhythm & Phase: West Coast Swing, Phase ~V + unphased figures & variations
Footwork: Directions for M, W normal opposite, exceptions in ()
Sequence: 

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 [2] (2 Sailor Shuffles) XLIR of R/ small sd R, sd L, XRIF of L/ small sd L, sd R;

& Q & Q & Q [3] (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 L⁴, 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 L⁴, trn RF 1/2 sd L, XRIB of L⁴, 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 [3.5] (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 L, rk fwd L (W Fwd R, fwd L partial wgt dbl hnd hold; Rk fwd L, rec R, rk fwd L, rec R); Anchor step LOP-fcg COH,

QQ & Q & Q [7.5] (Surprise Whip) Bk L, fwd & acrs R trn RF; Sd L/ rec R trn RF, fwd & sd L CP-Wall, trn 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 R, rec 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 [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 L/ XRIF 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,

[Anchor Step description is on the bottom of last page]

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) hmrck-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,

¹Download available on http://www.real.com/realone/rhapsody & others. ²Original music has been modified for length, cut the first 43.3 seconds.
is like a triple in jive, quick and quick (Q&Q). Footwork

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on website below or the URDC Technical Dance Manual (Hammerlock Anchor Step)

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).

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”