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 A B C

Introduction

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

[1] {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 Q&Q [3] {2 Sailor Shuffles} XLIB of R/ small sd R, sd L, XRIB of L/ small sd L, sd R;


Part A

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

QQ Q&Q QQ [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;

QQ Q&Q QQ [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&Q QQ QQ [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); Anchor step LOP-fcg COH,

QQ QQ QQ QQ &Q (Q&Q) [7.5] {Surprise Whip} Bk L, fwd & acrs R trn RF; Sd L/ rec R trn RF, fwd & sd L CP-COH, trn RF wfd 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 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 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 QQ [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 QQ [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) hrrck-pos Wall,

QQ Q&Q QQ [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 QQ [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,
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: 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"