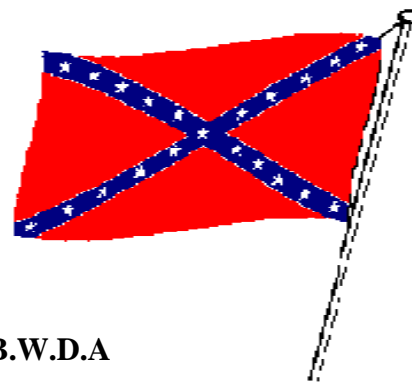
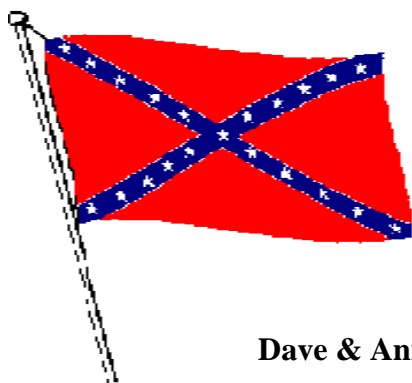


# DIXIE LINERS



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2000

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## FEELS SO GOOD

Phrased, 2 Wall Line Dance, Intermediate Level

16 count intro, (start with lyrics) Sequence: A B C C A B B C C A C C C C C C.

**Part A. 32cts - Feet Apart. Slow Hand Movements**

- 1 — 4 Step R foot to right side, bending R knee diagonally forward (1), Look at R hand as it goes slowly in front & out to right side (3 o'clock),
- 5 — 8 R. Foot slowly goes back next to L foot, as R hand goes back to the middle of your waist, place right palm across left palm, palms open (8).
- 
- 1 — 8 Feet stay put with weight on L foot & right touching next to left, Slowly bring both hands down & out to the sides. L hand, fingers pointing at 9 o'clock & right hand, fingers pointing at 3 o'clock.
- 
- 1 — 8 Step R foot to right side, bending R knee diagonally forward, body leans right, Looking at L hand, Upper body turns L, leave L hand out at left side, but turn palm facing 9 o'clock, Bring R hand down, bending elbow, then bring R hand inwards & upwards, R palm facing 9 o'clock, R hand should be straight above your head, (making 3/4 of a circle).
- 
- 1-4 Touch R foot next to L foot, Body straightens up, L hand stays at left side, Bring R hand downwards to the same direction as L hand, right elbow bent, both palms facing left.
- 5 - 8 Slowly swing both hands downwards & then upwards towards the right, now L hand elbow is bent & R hand is straight, both hands & palms facing right.

**PART B. 32CTS - TOE STRUTS FORWARD. WALK FORWARD**

- 1-- 4 Right toe strut, Left toe strut,  
5—8 walk forward R, L, R, L

**TOE STRUTS BACKWARD. WALK BACKWARDS**

- 1-4 Right toe strut backwards, left toe strut backwards,  
5 — 8 Walk backwards R., L, R, L.

**1/4 MONTEREY TURN. 1/4 MONTEREY TURN**

- 1 — 4 Touch R. toe to right side, L hand elbow bent, hands in a fist, at chin level, R hand in a fist, pointing down. (1) 1/4 turn right stepping R. foot next to left, (both hands still in a fist moves to waist level, (2) Point L foot to left side, (exchange hand positions, now R hand is up at chin level & L hand is down, (3) Step L foot next to right, (both hands at waist level), (4)
- 5 — 8 Repeat steps 1 — 4

**HIP ROLL. BUMPS**

- 1 — 4- Roll Hips a full circle from left backwards, anti clockwise,  
5 — 8 Bump HIPS R.L.R.L. (or Sway)

**PART C. 32CTS - 1/4 TURN HITCH. 1/4 TURN. TOUCH. STEP BACK. TAP, FORWD. TOUCH**

- 1 — 4- 1/4 turn left stepping back on right foot (1), Hitch L foot (2), 1/4 turn right stepping down on L foot (5), Touch R toe next to L foot (4)
- 5 — 8 Take a big step back on R foot (5), Tap L foot on the spot in front (6) (hands in a fist pull back R hand (7), like bow & arrow action (6) Step down forward on L foot (7), Touch right foot next to L foot. (hands in a fist — R hand goes forward, touching L hand)

**STEP RIGHT BODY ROLL RIGHT. DOWN & SIT. HOLD FOR 3 COUNTS**

- 1 — 3 Step R foot to right side, do a very slow body roll to the right,  
4 — 5 Go downward slowly, sitting on R. hip, R. knee bent diagonally forward, L knee pointing at 9 o'clock,  
6 — 8 Hold that pose for 3 counts,

**1/4 TURN. KICK. COASTER STEP. KICK. KICK. COASTER STEP**

- 1 — 2 1/4 Turn left, stepping down on L foot (1), Kick r. foot forward (2),  
3&4 Right coaster step,  
5 — 6 Kick L foot forward (5), kick L foot making a 1/4 turn left (6).  
7&8 Left coaster step

**SIDE ROCK CROSSES. BUMPS**

- 1&2 Step R. foot to right side, recover on L foot & cross R. foot over L foot,  
3&4 Step L foot to left side, recover on R foot & cross L foot over R. foot,  
5 — 8 Bump R, L, R., L (or Sway)

(On the 3rd met at Part A , replace the last 4 counts with bumps or sway, to fit in better with music to go into Part C, Otherwise leave it, it still works - The dance ends with the bumps, so bump R L R & twist upper body 1/2 turn R & pose)

Choreographed by: Amy Christian (Singapore)

Choreographed to: It Feels So Good by Sonique, (Album: Hear My Cry)