Count: 96
Wall: 2
Level: Phrased Advanced
Choreographer: Fred Whitehouse (IRE) - September 2021
Music: I Feel Good (feat. Anthony Watts \& DJWS) - Pitbull

| Intro: 32 counts from start of track (app. 15 secs into track). Start with weight on $L$ foot Sequence: ABCC, TAG, ABCC, TAG, A, Ending |  |
| :---: | :---: |
| A Part: 32 counts/1 wall (the A part always starts facing 12:00) [1-8] Hitch \& kick \& side rock, kick \& side stomp, swivels, R sailor step |  |
| \&1\&28 | Hitch $R$ knee (\&), kick $R$ fwd (1), cross $R$ over $L(\&)$, rock $L$ to $L$ side (2), recover on $R(\&)$ 12:00 |
| 3\&4 | Kick L fwd (3), cross L over R (\&), stomp R to R side (4) 12:00 |
| 5\&6 | Swivel both heels to $L$ side (5), swivel both heels to $R$ side ( $\&$ ), swivel both heel to $L$ side (6) 12:00 |
| 7\&8 | Cross $R$ behind $L$ (7), step $L$ to $L$ side (\&), step $R$ to $R$ side and slightly fwd (8) 12:00 |
| [9-16] | wd, pony step with $1 / 2 \mathrm{R}$, |
| 1-2 | Rock L fwd rolling body fwd (1), recover on R hitching L knee (2) 12:00 |
| \& $3 \& 4$ | Step $L$ backwards ( $\&$ ), hitch $R$ knee (3), step $L$ backwards (\&), turn $1 / 2 R$ stepping $R$ fwd (4) 6:00 |
| 5\&6 | Swivel $R$ toe to $L$ side (5), swivel $R$ heel to $L$ side (\&), swivel $R$ toe to $L$ side (6) 6:00 |
| 7-8 | Turn $1 / 2 L$ walking $R$ fwd (7), walk $L$ fwd (8) 12:00 |
| [17-2 | heel rock, side heel rock, repeat, $R$ sailor $1 / 2 R$, walk $L$ R |
| 1\&2\& | Cross rock $R$ heel over $L$ (1), recover on $L(\&)$, rock $R$ heel to $R$ side (2), recover on $L$ (\&) 12:00 |
| 3\&4\& | Repeat counts 1\&2\& 12:00 |
| 5\&6 | Cross $R$ behind $L$ (5), turn 1 ¹/ $R$ stepping $L$ next to $R(\&)$, turn $1 / 4 R$ stepping fwd on $R(6) 6: 00$ |
| 7-8 | Walk L fwd (7), walk R fwd (8) 6:00 |
| [25-32] Repeat counts 17-24 but with L foot |  |
| 1\&2\& | Cross rock $L$ heel over $R(1)$, recover on $R(\&)$, rock $L$ heel to $L$ side (2), recover on $R(\&)$ 6:00 |
| 3\&4\& | Repeat counts 1\&2\& 6:00 |
| 5\&6 | Cross $L$ behind $R(5)$, turn $11 / 4$ stepping $R$ next to $L$ (\&), turn $1 / 4 L$ stepping fwd on $L$ (6) 12:00 |
| 7-8 | Walk R fwd (7), walk L fwd (8) 12:00 |

B Part: 32 counts/1 wall (the B part always starts facing 12:00)
[1-9] Step R fwd, L out L, 2 + 2 fingers/arms, back RL with arm throws, $R$ coaster with arms
1-2 Step $R$ fwd pushing both arms backwards (1), step $L$ out to $L$ side bringing $R$ arm up to shoulder height showing $R$ index finger and $R$ middle finger (2) 12:00
3-5 Bring $L$ arm up to shoulder height showing $L$ index finger and $L$ middle finger (3), cross arms over each other rocking $R$ to $R$ side (4), bring both arms out to sides again recovering to $L$ foot (5) 12:00
6-7 Step back $R$ throwing $R$ arm fwd (6), step back $L$ throwing $L$ arm fwd (7) 12:00
8\&1 Step back on $R$ touching $L$ shoulder with $R$ hand and touching $R$ shoulder with $L$ hand (8), step $L$ next to $R$ changing hand positions (\&), step $R$ fwd pushing arms down (1) 12:00
[10-17] Step $1 / 2 R$, kick out out, snake roll $L, R$ heel pop, together side rock hitch cross
2-3 Step L fwd (1), turn $1 / 2 R$ onto $R(2) 6: 00$
4\&5 Kick L fwd (3), step L out to $L$ side (\&), step $R$ out to $R$ side (4) ...
Arm styling: cross punch arms in front of body (4), pull arms back (\&), push arms down the sides of your body (5) 6:00
\&\&\&1 Step $R$ next to $L(\&)$, rock $L$ to $L$ side (8), recover on $R$ hitching $L$ knee (\&), cross $L$ over $R(1)$ 6:00
[18-24] Back back cross, back back fwd, chug $1 / 2 L$
2\&3 Step R back (2), step L back (\&), cross R over L (3) 6:00
4\&5 Step L back (4), step R back (\&), step L fwd (5) 6:00
6-7-8 Turn $1 / 8 \mathrm{~L}$ pressing $R$ to $R$ side (6), turn 1/8 $L$ pressing $R$ to $R$ side (7), turn $1 / 4 L$ pressing $R$ to $R$ side (8) 12:00
[25-32] R fwd, together, walk RL with double knee knocks, R out with 2-2 fingers, Hold, heel bounces with R fist down
1-2 Step $R$ fwd rolling arms down/fwd/up (1), step $L$ next to $R$ bringing arms down in front of body (2) $12: 00$

3-4 Walk R fwd (3), walk L fwd (4) ... Styling: during walks split knees out-in 4 times! 12:00
5-6 Step $R$ out to $R$ side bringing $R$ up showing $R$ index and middle finger up (5), HOLD (6) 12:00
\&7\&8 Bounce heels clenching your $R$ hand into a fist bringing $R$ hand down the $R$ side of body (8) 12:00

C Part: 32 counts/1 wall (the C part always starts facing 12:00)
[1-8] Cross side, cross side, heel twist R, heel twist L $1 / 4 \mathrm{R}$, dip down, up
1-4 Cross $R$ over $L$ (1), step $L$ to $L$ side (2), cross $R$ over $L$ (3), step $L$ to $L$ side (4) ...
Styling: moonwalk glide 12:00
5-6 Twist heels to $R$ side (5), twist heels to $L$ side turning $1 / 4 R(6)$ 3:00
7-8 Bend in knees pushing your bum backwards (7), straighten your knees ending with weight on R (8) ...
Styling: 1st C - throw dollars bills, 2nd C, bring R hand up and 'look in the mirror' 3:00
[9-16] Fwd $R$, Full turn $R$, walk $L, R$ fwd rolling hands, spiral $3 / 4 L$, down on $L$
1-4 Step down $R$ (1), turn $1 / 2 R$ stepping $L$ back (2), turn $1 / 2 R$ stepping $R$ fwd (3), walk $L$ fwd (4) 3:00
5-6 Step R fwd starting to roll arms from down and up above shoulder height (5), finish arms (6) 3:00
7-8 Spiral a $3 / 4$ turn on $R$ pushing arms down the side of body (7), change weight to $L$ (8) 6:00
[17-24] Rock R fwd, recover, fwd $R$ with slide, touch together, Repeat with L
1-2 Rock R towards $R$ diagonal (1), recover on $L$ (2) ... Arm styling: bring $L$ arm up and pull it back (1), push L arm fwd (2) 7:30
3-4 Step $R$ fwd to $R$ diagonal (3), touch $L$ next to $R(4)$... Arm styling: pull $L$ arm back (3), drop $L$ arm down (4) 7:30
5-6 Rock $L$ towards $L$ diagonal (5), recover on $R(6)$... Arm styling: bring $R$ arm up and pull it back (1), push $R$ arm fwd (2) 4:30
7-8 Step $L$ fwd to $L$ diagonal (7), touch $R$ next to $L$ squaring up to 6:00 again (8) ... Arm styling: pull $R$ arm back (3), drop $R$ arm down (4) 6:00
[25-32] Step slide to $R$ and $L$ diagonals, step $1 / 2 L$, full turn $L$
1-2 Step $R$ fwd towards $R$ diagonal (1), slide and touch $L$ next to $R(2)$... Arm styling: throw $L$ arm fwd and down (1-2) 6:00
3-4 Step $L$ fwd towards $L$ diagonal (3), slide and touch $R$ next to $L$ (4) ... Arm styling: throw $L$ arm fwd and down (3-4) 6:00
5-6 Step $R$ fwd (5), turn $1 / 2 L$ stepping down on $L$ (6) 12:00
7-8 Turn $1 / 2 L$ stepping back on $R(7)$, turn $1 / 2 L$ stepping fwd on $L$ and slightly in front of $R(8)$ 12:00

Tag: 16 counts/1 wall (the Tag always comes after the 2nd C, facing 12:00)
[1-8] 4 camel walks turning $1 / 2 L, 8$ run steps turning $1 / 2 L$

1-4 Turn 1/8 $L$ stepping $R$ fwd and popping $L$ knee (1), repeat 3 times (2-3-4) 6:00
5\&6\& Run small step fwd on R turning 1/8 L (5), run fwd and turn 1/8 L 3 times on LRL (\&6\&) 3:00
7\&8\& Run small step fwd on R turning 1/8 L (7), run fwd and turn 1/8 L 3 times on LRL (\&8\&) 12:00
[9-16] Walk RLRL with shakes/shimmies, out R/what?, point fingers fwd, arms down w. roll
1-4 Walk RLRL fwd shaking or shimmying your body (1-4) 12:00
5-6 Step R out to R side bring both arms up in a Y-position - lyrics: I don't know'... (5), point both fingers fwd - Lyrics: 'about you' ... (6) 12:00
7-8 Slide hands down your body rolling your body from head and down - Lyrics: 'I feel good' (7-8) 12:00

Ending: STRIKE A POSE! Finish your 3rd A and step R to R side doing counts 15-16 of the tag ('I feel good')

