

# Feel Good (Sha La La)



**Count:** 32      **Wall:** 2      **Level:** Easy Intermediate  
**Choreographer:** Jonno Liberman & Rick Dominguez – Oct. 2015  
**Music:** I Feel Good by Thomas Rhett (ft. LunchMoney Lewis)

## Dance begins after 16 counts

### [1-8] Rock, Recover, Ball, Step, Walk x2, Side Rock, Recover, Cross, 1/4 Step (3:00)

1, 2&3      Step R forward, Recover weight onto L, Step ball of R next to L, Step L forward  
 4, 5      Step R forward, Step L forward  
 6&7      Step R to right side, Recover onto L, Cross R over L  
 8      Step L to left as you turn 1/4 right (3:00)

### [9-16] 1/4 Step, Hold, Together, Side Rock, Recover, Weave, Step Left with Hip Bumps (6:00)

1-2,      Step R back as you turn 1/4 right (6:00), Hold  
 &3, 4      Step L next to R, Step R to right, Recover onto L  
 5&6      Cross R behind L, Step L next to R, Cross R over L  
 7, 8      Step L to left as you bump hips to left, bump hips to left (finish with weight over L)

### [17-24] Behind, Side, Skate x3, Body Roll, Together, Heel, Together, Step (6:00)

1&2      Cross R behind L, Step L to left, Step R to right as you turn 1/8 right (7:30)  
 3, 4      Step L to left as you turn 1/2 left (4:30), Step R to right as you turn 1/8 right (7:30)  
 5-6      Body Roll to Left: Start with shoulders and move down toward hips (finish with weight over L)  
 &7, &8      Step R next to L as you turn 1/8 left (6:00), Touch L heel to front, Step L next to R, Step R in front of L

### [25-32] 1/4 Pivot, Hold, Step, Cross, Snap, Unwind, Twist x2, Step Back, Together (6:00)

1-2      Swivel both feet 1/4 L keeping weight over both (3:00), Hold  
 &3, 4,      Step L next to R, Cross R over L, Snap your fingers  
 5, 6,      Unwind 1/4 left (12:00), Twist both feet 1/4 left (9:00)  
 7, 8&      Twist both feet 1/4 left (6:00), Step R back, Step L together

**NOTE: The TAG and ALL of the RESTARTS will occur while facing the front wall!**

**RESTART after first 16 counts on walls 2, 6, and 10 (after he sings, "I FEEL..." restart on "GOOD").**

**TAG happens after the first 16 counts on wall 4.**

### [1-8] Toe Strut In Place and Slide Together x2, Front Toe Touch, \*Hold\* (12:00)

1, 2&      Touch R toe forward, Set R heel down, Slide R next to L  
 3, 4&, 5      Touch L toe forward, Set L heel down, Slide L next to R, Touch R toe forward  
 6-8      Look around confused and shout with the song, "Uh, excuse me. Can

someone bring the beat back?" Have fun!

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**Last Update – 7th Nov. 2015**

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