

# Dance!

LineLineLineLineLineLineLineLineLine

## FEELIN' GOOD

Choreographer: Judy McDonald

Music: Feelin' Good Train (Sammy Kershaw)  
Harper Valley PTA (Billy Ray Cyrus)

This is a **four-wall** line dance.

- 1 2 3&4      **Twist R-heels, toes, heels, toes, heels\***  
With feet together, twist heels to right, twist toes to right, twist heels to right, twist toes to right, twist heels to right
- 5 6 7&8      **Bump hips R, L, R, L, R**  
Bump hips to right, then left, then right, then left, then right
- 1 2 3&4      **Twist L-heels, toes, heels, toes, heels\***  
With feet together, twist heels to left, twist toes to left, twist heels to left, twist toes to left, twist heels to left
- 5 6 7&8      **Bump hips L, R, L, R, L**  
Bump hips to left, then right, then left, then right, then left
- 1, hold 2, 3, hold 4      **R step forward, hold, L step forward, hold**  
Step forward R, hold, step forward L, hold - to add some styling, bend knees and bounce or push hips forward on each count
- 5, hold 6, 7, hold 8      **R step forward, hold, L step forward, hold**  
Step forward R, hold, step forward L, hold - to add some styling, bend knees and bounce or push hips forward on each count
- 1&2 3      **R kick ball change, R step**  
Kick R foot forward, step on ball of R foot beside left, step L in place, step forward R
- 4&5 6      **L kick ball change, L step**  
Kick L foot forward, step on ball of L foot beside right, step R in place, step forward L
- 7 8      **R step 1/4 turn, L step**  
Step R making a 1/4 turn to the right, step L beside right

\*This step can be more challenging by keeping the heels and toes together as follows:

**To move to the right:**

With feet slightly apart, move R toe to right and L heel to right at the same time. This rings your heels together for count 1. Then move your R heel to right and your L toe to right at the same time. This brings your toes together for count 2. Continue in the same rhythm as above. Reverse to move left.

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