

Feeling Good

Choreographed by Cordelia Lee (Kuching, Malaysia), 4 January 2014

Description: 64-count, phrased, contra line dance

Music: **Basking In Sonshine** from the album, *Baskin' In His Sonshine (Volume 1)* by Christian parody writer Mark Bradford

Video link: <http://youtu.be/kwW3QbimLt4>

Start on lyrics

RIGHT AND LEFT VINES

1-4 Step R to R side, step L behind R, step R to R side, touch L next to R, clapping hands on count 4
5-8 Step L to L side, step R behind L, step L to L side, touch R next to L, clapping hands on count 8
Clap hands on counts 4 and 8

WALK, WALK, WALK, HOP, BACK, BACK, BACK, TOUCH

1-4 Walk forward on R, L, R, hop on R clapping hand of opposite partner
5-8 Step back on L, R, L touch R next to L

FULL RIGHT AND LEFT ROLLING VINES

1-4 Step R to R side turning $\frac{1}{4}$ R (3.00), step L to the L turning $\frac{1}{4}$ R (6.00), step R to the R turning $\frac{1}{2}$ R (12.00), touch L next to R, clapping hands on count 4
6-8 Step L to L side turning $\frac{1}{4}$ L (9.00), step R to the R turning $\frac{1}{4}$ L (6.00), step L to the L turning $\frac{1}{2}$ L (12.00), touch R next to L, clapping hands on count 8
Clap hands on counts 4 and 8

FORWARD, TOUCH, BACK, TOUCH, BACK, TOUCH, FORWARD, TOUCH

1-4 Step forward on R towards R Diagonal, touch L next to R, step back on L towards L Diagonal, touch R next to L
5-8 Step back on R towards R Diagonal, touch L next to R, step forward on L towards L Diagonal, touch R next to L
Clap hands on counts 2, 4, 6 and 8

SIDE, TOGETHER, SIDE, TOUCH (2X)

1-4 Step R to R side, step L next to R, step R to R side, touch L next to R
5-8 Step L to L side, step R next to L, step L to L side, touch R next to L
Clap hands (over head towards R and L respectively) on counts 4 and 8
** Restart dance here for Walls 2 and 4*

FULL RIGHT TURNING SHUFFLES

1&2 Turn $\frac{1}{8}$ R stepping forward on R, lock L behind R, turn $\frac{1}{8}$ R stepping forward on R (3.00)
3&4 Turn $\frac{1}{8}$ R stepping forward on L, lock R behind L, turn $\frac{1}{8}$ R stepping forward on L (6.00)
5&6 Turn $\frac{1}{8}$ R stepping forward on R, lock L behind R, turn $\frac{1}{8}$ R stepping forward on R (9.00)
7&8 Turn $\frac{1}{8}$ R stepping forward on L, lock R behind L, turn $\frac{1}{8}$ R stepping forward on L (12.00)

SIDE, TOGETHER, SIDE, TOUCH (2X)

1-4 Step R to R side, step L next to R, step R to R side, touch L next to R
5-8 Step L to L side, step R next to L, step L to L side, touch R next to L

FORWARD SHUFFLE (2x), $\frac{1}{2}$ RIGHT TURNING SHUFFLES

1&2 Step forward on R, lock L behind R, step forward on R
3&4 Step forward on L, lock R behind L, step forward on L
5&6 Turn $\frac{1}{8}$ R stepping forward on R, lock L behind R, turn $\frac{1}{8}$ R stepping forward on R (3.00)
7&8 Turn $\frac{1}{8}$ R stepping forward on L, lock R behind L, turn $\frac{1}{8}$ R stepping forward on L (6.00)

Repeat