

FEELING GOOD FOXTROT

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MUSIC: CD, CM-DCD 605 Casa Musica, Ballroom Stars Vol. 1, Disc 2, Track # 6
RHYTHM: Slowfox Phase V + 1 (bounce)
FOOTWORK: opposite, except, where noted
Thanks to Michael Schmidt for a few "choreographical points of view" ☺
SEQUENCE: Intro - A - A - B - C - B - End

Intro:

1- 4

1 - 2

3 - 4 SS

WAIT;; TOG,-, TCH,-; FEATHER FINISH:

LOP fcg ptr & DRW ld ft free wait 2 meas;;

{TOG, -, TCH,-;} fwd L, -, tch R to L,-;

{FTHR FIN} bk R trng LF,-, sd & fwd L, fwd R XIF;

Part A:

1- 4

1

2

3

4

THREE STEP; ½ NAT TRN; CLOSED IMPETUS; FEATHER FINISH:

{THREE-STP} Fwd L,-, fwd R, fwd L all passing steps;

{1/2 NAT TRN} Fwd R DLW between W's Feet start RF trn,-, sd L DLW, bk R LOD
(W bk L beg RF trn,-, cl R for heel trn comm RF trn, fwd L) to CP RLOD;

{CL IMP} Bk L trng RF prep for heel trn,-, cont heel trn & trans weight to R, sd & bk L;

(W fwd R comm RF trn between M's feet,-, sd & fwd L cont RF trn around M & brush R to L, fwd R between M's feet) to CP LOD;

{FTHR FIN} bk R trng LF,-, sd & fwd L, fwd R XIF; to CBMP/DLC;

5 - 8

5

6 - 7

SQQ

QQQQ

8

REVERSE WAVE 3; CK & WEAVE;; HOVER TELEMARK:

{REV WAV 3} Fwd L comm LF trn,-, fwd & sd R cont trn, bk L

(W Bk R comm LF trn,-, cl L to R (heel trn), fwd R);

{CK & WEV} Ck bk R,-,rec fwd L comm LF trn, cont trn sd & bk R; Bk L CBMP in BJO, bk R cont trn, cont trn sd & fwd L, fwd R to CBMP in BJO/DLW ;

{HVR TELE} Fwd L,-, diag sd & fwd R rising slightly with body trn 1/8 to R, fwd L to SCP (W bk R,-, sd & bk twd WALL trn 1/8 to R, fwd R twd LOD);

9 - 12

9

10

11

12

SS

CURVED FEATHER CK; BACK FEATHER; FEATHER FINISH:

CHANGE OF DIRECTION;

{CRV FTHR CK} Fwd R comm RF trn,-, fwd & sd L w/strong bdy trn RF, ck fwd R in CBMP in BJO (W Fwd L comm LF trn,-, bk L passing well undr bdy cont LF trn, bk R well undr bdy);

{BK FTHR} Bk L,-, bk R w/R shld ld, bk L to CBMP in BJO;

{FTHR FIN} bk R trng LF,-, sd & fwd L, fwd R XIF to CBMP/DLC;

{CHG OF DIR} Fwd L,-, fwd R DLW trng LF drw L to R to CP DLC;

Part B:

1- 4

1- 2

3

4

REVERSE WAVE;; CLOSED IMPETUS; FEATHER FINISH:

{REV WAV} Fwd L comm LF trn,-, sd R line of progression, bk L DLW; Bk R line of progression,-, bk L, bk R curving LF to end CP/RLOD

(W Bk R comm LF trn,-, cl L to R (heel trn), fwd R; fwd L,-, fwd R, fwd L curving) ;

{CL IMP} Repeat meas 3 of Part A ;

{FTHR FIN} Repeat meas 4 of Part A;

5 - 8

5

6 - 7

SQQ

QQQQ

THREE STEP; NATURAL HOVER CROSS;; TO TOP SPIN;

{THREE-STEP} Repeat meas 1 of Part A;

{NAT HVR CROSS} Fwd R comm RF trn,-, sd L w/L sd stretch, cont RF trn sd R;

Fwd L outsd ptr in CBMP, rec R, sd & fwd L, fwd R outsd ptr in CBMP/start Top Spin

