



Feels Good Now

(Januari 2025)

contact@adamastmar.se – Sweden



Information: 32 Counts, 4 wall, Easy Intermediate Fun Dance.
Choreographers: Adam Åstmar (SE).
Music: "Feels Good" by Tina Parol & OTTO BLUE (2:23) ~ 122 bpm.
Intro: 32 counts from the first drumbeat and they "ey's", approx. 17 seconds.

Information: Restart occurs after 16 counts on wall 2 facing 6'00 and Tag occurs after wall 4 facing 12'00-

Section	Steps & Explanations	End Facing
Sect – 1	Side Rock. Behind-Side-Cross. Hinge ½ Turn. Cross Shuffle.	
1 – 2	Rock to L on LF (1). Recover on RF (2).	12'00
3 & 4	Step LF behind RF (3). Step to R on RF (&). Cross LF over RF (4).	12'00
5 – 6	Turn ¼ L step back on RF (5). Turn ¼ L step to L on LF (6).	6'00
7 & 8	Cross RF over LF (7). Step to L on LF (&). Cross RF over LF (8).	6'00
Sect – 2	Side Rock, Cross. Side Rock, Cross. Back. ¼. Full Turn.	
1 & 2	Rock to L on LF (1). Recover on RF (&). Cross LF over RF (2).	6'00
3 & 4	Rock to R on RF (3). Recover on LF (&). Cross RF over LF (4).	6'00
5 – 6	Step back on LF (5). Turn ¼ R step forward on RF (6).	9'00
7 – 8	Turn ½ R step back on LF (7). Turn ½ R step forward on RF (8).	9'00
Option	Instead of making a full turn, simply walk forward on LF (7), RF (8)	
Note!	Restart occurs here on wall 2 facing 6'00	
Sect – 3	Extended Shuffles Diagonally L, R.	
1 & 2 &	Step to L diagonal on LF (1). Close RF next to LF (&). Step to L diagonal on LF (2). Close RF next to LF (&).	9'00
3 & 4	Step to L diagonal on LF (3). Close RF next to LF (&). Step to L diagonal on LF (4).	9'00
5 & 6 &	Step to R diagonal on RF (5). Close LF next to RF (&). Step to R diagonal on RF (6). Close LF next to RF (&).	9'00
7 & 8	Step to R diagonal on RF (7). Close LF next to RF (&). Step to R diagonal on RF (8).	9'00
Sect – 4	2x Traveling Jazz Boxes Back. Cross. Back. Rolling Vine Into Start of Dance.	
1 – 2 &	Cross LF over RF (1). Step back on RF (2). Step diagonally back on LF (&).	9'00
3 – 4 &	Cross RF over LF (3). Step back on LF (4). Step diagonally back on RF (&).	9'00
5 – 6	Cross LF over RF (5). Step back on RF (6).	9'00
7 – 8 – 1	Turn ¼ L step forward on LF (7). Turn ½ L step back on RF (8). Turn ½ L rock to L on LF, starting the dance again from the beginning (1).	9'00

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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