

# I'M FEELING GOOD

**BY:** Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-431-3235  
**MUSIC:** "Feeling Good" - CD: It's Time - Michael Buble Track #1 **SPEED:** Speed from 19½ to 24mpm  
**WEBSITE:** www.curtandtammy.com **E-MAIL:** cworlock@tampabay.rr.com  
**SEQUENCE:** Intro, A, B, C, D, Ending **RELEASED:** October 2020  
**RHYTHM:** West Coast Swing **PHASE:** VI **FOOTWORK:** Described for M - W opp (or as noted)

## INTRO

### **1 - 2 WAIT,,, SCOOP SUGAR PUSH;,,**

--- Wait 3 beats in LOP "V" fcg ptr & LOD w/lead foot free with words "And I'm Feeling",,,

41- **{Scoop Sugar Push}** On 4<sup>th</sup> beat bk L; Almost cl R to L, pt L fwd joining trailing hands (fwd R; fwd L, tap R behind L),

**NOTE:** This is really only 6 beats total, so for ease of cue sheet, I'm starting over with beat 1 in next measure.

### **3 - 6 w/3 SCOOPS;,, UNDERARM TURN IN 3; w/BOTH HOOK TURN,, & SNAP FREEZE;:**

1&-3&- **{w/3 Scoops}** Right after the word "Good" fwd L/cl R to L, pt L fwd, fwd L/cl R to L, pt L fwd; Fwd L/cl R to L, 1&-3&&1 pt L fwd, fwd L, bk to anchor R/L; R,

234 **{Underarm Turn in 3}** Bk L, rec R across L comm RF trn leading W under, cont RF trn sd & fwd L (fwd R, L comm LF trn under joined lead hands, cont LF trn sd & bk R

1&2-- **{Both Hook Turn & Snap Freeze}** XRIB of L trng RF/cont RF trn in place L, cont RF trn fwd & across R twd LOD, sharp swvl ½ LF on R, (XLIB of R trng LF/cont LF trn in place R, cont LF trn fwd & across L twd RLOD, sharp swvl ½ RF on L,) hold leaving lead ft pting fwd twd ptr to end LOP "V" pos M fcing ptr & RLOD;

## PART A

### **1 - 5 WHIP w/INSIDE TURN & M HOOK TURN TO HANDSHAKE;:**

#### **RIGHT SIDE PASSING SPIN;,, SUGAR PUSH; TO JOIN 2 HANDS;**

123&4 **{Whip w/Inside Trn M Hook Trn to R hands}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R) to end momentary CP M fcing LOD but M slightly out of slot to his L;

123&4 Trng ½ RF XRIB of L, leading W under LF fwd & sd L, XRIB of L trng RF/cont RF trn in place L changing hands behind back, cont RF trn fwd & across R twd COH (fwd L, fwd R trng ½ LF under joined lead hands, bk to anchor L/R, L) to end w/R handshake M fcing DLW and W fcing LOD;

123&4 **{Right Side Passing Spin}** Soft lunge fwd & sd L LOD leading W fwd, rec R, leading W LF spin release R hands in place L/R, fwd L twd W in slot; Joining lead hands bk to anchor R/L, R (fwd R, L, fwd R comm LF trn/cl L to R cont LF trn, bk R completing 1 ½ LF trn; bk to anchor L/R, L) to end LOP "V" pos M fcing ptr & LOD,

34-23&4 **{Sugar Push}** Bk L, almost cl R to L; Pt L fwd, fwd L leading W away but join trailing hands, bk to anchor R/L, R (fwd R, L; tap R behind L, bk R, bk to anchor L/R, L) to end low double hand hold M fcing ptr & LOD;

### **6 -11 SLINGSHOT; SHUTTLECOCK WHIP w/CLOSE POINT TO CENTER; SIDE WHIP; w/2 HAND SAILOR SHUFFLE ENDING;**

12-- **{Slingshot}** Trng ¼ LF bk L twd WALL, sd & bk R, soften R knee slightly as you stop W w/R hand, straighten R leg (fwd R, fwd L comm LF trn, cont LF trn sd R soften R knee into lunge line, rec L trng LF);

5&67&8 Release trailing hands as you lead W under joined lead hands LF in place L/R, fwd L trng ¼ RF, bk to anchor R/L, R (trng 1 ½ LF under lead hands R/L, R, bk to anchor L/R, L) to end LOP "V" fcing ptr & LOD;

**NOTE:** W may turn ½ LF w/normal underarm turn French Cross action instead of 1 ½ LF turn.

123&4 **{Shuttlecock Whip w/Cl Pt}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L/swvl ½ RF (fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R/swvl ½ RF) to end SDCR M outside of slot fcing LOD;

23&-- Fwd R, sd & fwd L back in slot/cl R to L, point L sd twd COH, hold (bk L, bk R/cl L to R, point R sd twd COH, hold) to end LOP "V" pos M fcing ptr & LOD;

12-- **{Side Whip w/Sailor Shuffle Ending}** Bk L, rec R across L comm RF trn, cont slight RF trn point L sd twd LOD, (123&4) hold (fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R);

1-3&4 Shifting weight to L using strong press line, cont to lead W fwd & trn her LF, join trail hands XRIB of L/sd L, (123&4) sd R (fwd L, fwd R trng ½ LF, XLIB of R/sd R, sd L) to end low double hand hold M fcing LOD;

**PART B****1 - 4 HUSTLE WHIP w/TRAIL HAND INSIDE TURN;; LEFT SIDE SPRING WHIP;;;**

- 123&4 {Hustle Whip w/Trail Hand Inside Trn} Bk L, rec R across L comm RF trn raising arms out to sd, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF raising arms out to sd, cont RF trn bk R/cl L to R, fwd R) to end double hand hand M fcing RLOD but M slightly out of slot to his L;
- 123&4 Trng ½ RF XRIB of L leading W under trail hands, fwd & sd L, bk to anchor R/L, R (fwd L trng RF under trailing hands, fwd R completing 1 ½ RF trn to fc M, bk to anchor L/R, L) to end fcing M fcing LOD w/trail hands joined;
- 1234 {Left Side Spring Whip} Trng LF bk L twd WALL, sd & fwd R twd LOD cont LF trn as you lead W RF under joined trailing hands, cont LF trn sd L LOD w/soft knee to OPEN WALL, rec R trng RF leading W to trn LF (fwd R, fwd L trn RF under joined trail hands, cont RF trn sd R RLOD w/soft knee, rec L trng LF);
- 1&234 Cont RF trn sd & fwd L catching W's L shldr blade w/R hand/rec R, sd & fwd L to momentary CP LOD, trng ½ RF
- 1&2 XRIB of L, fwd & sd L, bk to anchor R/L, R (cont LF trn sd R/cl L to R cont LF trn, fwd R to momentary CP LOD, trng ½ RF on R/bk L, bk R, bk to anchor L/R, L) to end LOP "V" pos M fcing ptr & RLOD;

**5 - 8 INSIDE WHIP w/OUTSIDE TURN;;; CHEEK TO CHEEK w/SLIDE APART TRIPLE FC COH;;**

- 341&2 {Inside Whip w/O.S. Trn} Bk L, rec R across L comm RF trn leading W under LF, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L trng ½ LF under joined lead hands, bk R/cl L to R, fwd R) to end mom CP M fcing RLOD;
- 341&2 Trng ½ RF XRIB of L, fwd & sd L, bk to anchor as you change W to R hand hold R/L, R (fwd L trng RF under joined lead hands, fwd R completing 1 ½ RF twirl to fc M, bk to anchor L/R, L) to end LOP "V" M fcing RLOD;
- 34-2 {Cheek to Cheek w/Slide Apt} Bk L, rec R comm RF trn, lift L knee up & across body trng 3/8 RF touching M's
- 3&4 L hip to W's R hip, small fwd & across L; Trng slightly LF releasing joined lead hands sd R/L, R twd LOD (fwd R, L comm LF trn, lift R knee up & across body trng 3/8 LF, small fwd & across R; trng slightly RF sd L/R, L twd RLOD) to end wide OPEN POS FCING COH nothing touching,,

**9-12 MERENGUE HIP ROLL SLIDE 3 TIMES;; & FACE CLOSE 2 HANDS;; PUSH BREAK;;**  
**SIDE BREAK & FREEZE;;**

- 1a-3a- {Merengue Hip Roll Slide 3 & Fc Cl} Sd L rolling hip CCW/cl R to L as you complete hip roll to settle on R, point
- 1a-34 L sd, repeat this action to end approx TANDEM COH M BEHIND W; Repeat this action again,, fwd L trng ¼ RF, cl R to L (sd R rolling hip CW/cl L to R as you complete hip roll to settle on L, point R sd, repeat this action; repeat this action a 3<sup>rd</sup> time,, sd R trng ¼ LF, cl L to R) to end fcing ptr M fcing LOD & join both hands low;
- 123&4 {Push Break} Bk L, almost cl R to L, in place L/R, fwd L; Cl R to L/in place L, R (fwd R, L, cl R to L/in place L, bk
- 1&2 bk R, cl L to R/in place R, L) to end feet together M fcg ptr & LOD both hands still joined low,,
- &3- {Side Break & Freeze} Sd L/sd R taking joined hands out slightly to match feet, hold;

**PART C****1 - 4 IN IN OUT OUT & KICK BALL CHANGE TO LEFT HAND SHAKE; TSUNAMI;; INTO TRIPLE TRAVEL & ROLL;**

- &1&23&4 {In In Out Out & Kick Ball Chg} Bringing joined hands back in lifting slightly fwd L twd ptr/cl R to L, lifting slightly bk L away from ptr/cl R to L, kick L fwd & sd/cl L on ball of R, cl R to L in place whole foot to end feet together as you place W's L hand into your L hand to end fcing ptr w/L handshake M fcing LOD;
- 123&4 {Tsunami} Bk L trng ¼ LF, bk R twd WALL, lead W to overturn LF in place L/R, fwd L across the slot moving past & behind W twds COH (fwd R, L comm LF trn, keeping R arm folded in to body above L handshake cont LF trn fwd & sd R/cl L to R, fwd R completing 1 full LF trn) to end in L POS M FCING COH W FCING RLOD w/L hands joined near back of W's R hip;
- 1&23&4 Fwd R trng LF leading W to trn RF/rec L cont LF trn, releasing L hands sd & bk R to catch W's L arm w/R hand completing ¾ LF trn to momentarily face LOD, cont LF trn leading W to spin bk & sd L/cl R to L cont LF trn, fwd L twd LOD completing 1 full LF trn (fwd L trng ½ RF/rec R, fwd L twd LOD, fwd R comm 1 ½ LF free spin/cl L to R, bk R) to end fcing ptr & LOD;
- 1&234 {Into Triple Travel & Roll} Cont slight LF trn to R hand star down LOD sd R/cl L to R, sd R trng ¼ RF, sd L trng ½ RF, sd R trng ½ RF to L hand star M fcing DLW W fcing DRC;

**5 - 8 EXTENDED w/5 TRIPLES;;; & DOUBLE ROLL ENDING;;; TO R HANDSHAKE;**

- 1&23&4 {Extended 5 Triples} Sd L/cl R to L, sd L trng ¼ LF to R hand star, sd R/cl L to R, sd R trng ¼ RF to L hand star; Sd L/cl R to L, sd L trng ¼ LF to R hand star, sd R/cl L to R, sd R trng ¼ RF to L hand star; Sd L/cl R to L,
- 1&2 sd L trng ¼ LF,
- 3412 {Double Roll Ending to R hands} Sd R trng ½ LF, sd L trng ½ LF; Sd R trng ½ LF, sd L trng ¼ LF to fc ptr checking, bk to anchor R/L, R to join R hands fcing ptr & LOD;
- 3&4

PART D**1 - 4 SHADOW TUCK & TWIRL;; HANDSHAKE WHIP w/LADIES FREE ROLL R & SPIN ENDING;;**

- 12-4 {Shadow Tuck & Twirl} Bk L, rec R across L comm RF trn, leading W to trn LF cont RF trn point L sd twd LOD to momentary shadow pos fcing WALL R hands joined at about shoulder level & L hand on W's L shoulder, fwd across slot trng RF (fwd R, fwd L, trng ¼ LF tch R to L, trng ¼ RF fwd R twd LOD) to momentary TANDEM POS RLOD M slightly out of slight BEHIND W to his L;
- 12 Fwd R leading W under joined R hands, fwd L, bk to anchor R/L, R (fwd L twirl 7/8 RF on L under joined R
- 3&4 hands, fwd R LOD cont RF trn, cont RF trn, bk to anchor L/R, L) to end in R handshake M fcing RLOD;
- 123&4 {Hand Shake Whip} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end M out of slot w/R handshake M fcing ptr & RLOD;
- 123&4 {w/Ladies Free Roll & Spin} Lead W to roll R releasing R hands trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L spiral 7/8 RF on L, fwd R cont RF trn, fwd L trng RF/cont RF trn cl R to L, bk L) to end LOP "V" M fcing ptr & RLOD; **OPTION:** Though spin is described, W may just do standard anchor L/R, L to replace the spin.

**5 - 8 INSIDE SURPRISE WHIP;; QK SIDE BREAKS; TUMMY WHIP;**

- 123&4 {Inside Surprise Whip} Bk L leading W under LF, rec R across L comm RF trn, catching W's L shoulder blade w/R hand cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L comm trng ½ LF under joined lead hands, cont LF trn bk R/cl L to R, fwd R) to momentary CP M fcing LOD;
- 123&4 Leading W to trn RF fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, anchor R/L, R (trng ½ RF on R bk L RLOD flexing knee, rec R comm RF trn under lead hands, cont RF trn anchor L/R, L) to end LOP "V" fcg ptr & LOD;
- &1&2 {Quick Side Breaks} Sd L/sd R, together L under L hip/cl R to L, sd L/sd R, together L under L hip/cl R to L to
- &3&4 join lead hands M fcing RLOD;
- 123&4 {Tummy Whip} Bk L, rec R across L comm RF trn, releasing R handshake placing R hand on W's R hip cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R);

**9 -14 w/DOUBLE SURPRISE CHECK;; CHEERLEADER IN 6;;; START A ROCK WHIP;;; TO CHECK FREEZE;; BACK CHECK LADY COMB;**

- 1234 {w/Double Surprise Check} Placing R hand on back of W's L hip fwd R flexing knee w/check action looking bk at W, rec L, placing L hand on front of W's L hip bk R checking, rec L (bk L RLOD checking, rec R, fwd L checking rec R);
- 123&4 Trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (bk L, bk R, bk to anchor L/R, L) to end LOP "V" pos M fcing ptr & LOD;
- 1a2a3a4 {Cheerleader in 6} XLIF of R/sd R, tap L heel sd & fwd/sd L, XRIF of L/sd L, tap R heel sd & fwd/sd R; XLIF of
- a1a2 R/sd R, tap L heel sd & fwd,
- 341&2 {Start a Rock Whip to Check Freeze} Bk L, rec R across L comm RF trn; Cont RF trn sd & fwd L/rec R, sd & fwd L trng ¼ RF (fwd R, L trng RF; bk R/cl L to R, fwd R trng ¼ RF) to end mom CP M fcing COH,
- 3- Cont trng RF on L fwd R LOD checking between W's feet to loose CP lead hands joined low, hold;
- 1--- {Back Check W Comb} Bk L chk coming closer tog to look at ptr W sweep L arm up & down as she combs hair;

ENDING**1 - 4 FINISH ROCK WHIP;; UNDERARM TURN w/2 SLOW VOLTAS;;; QUICK SIDE BREAK TO FC;**

- 1234 {Finish Rock Whip} Fwd R LOD between W's feet, trng RF to rec L twd COH, cont RF trn fwd R RLOD between W's feet, trng RF rec L twd WALL;
- 123&4 Cont RF trn fwd R LOD between W's feet, fwd L checking, bk to anchor R/L, R to end LOP "V" M fcing ptr & LOD;
- 12a3- {Underarm Trn w/2 Slow Voltas & Qk Side Break to Fc} Bk L, rec R across L comm RF trn leading W under,
- a1-3&4 sd/XRIF of L, hold; Sd/XRIF of L, hold, trng RF(LF) sd L/ sd R, together L under L hip/cl R to L now M fcing RLOD;

**5 - 8 LEFT SIDE PASS w/2 SLOW VOLTAS;;; QUICK SIDE BREAK TO FACE; UNDERARM TURN w/2 SLOW VOLTAS;;; NOW STEP TO FACE & BOTH HOOK TURN;;;**

- 12a3- {Left Side Pass w/2 Slow Voltas & Qk Side Break to Fc} Bk L trng ¼ LF, bk R twd COH, allow W to pass you
- a1-3&4 small sd/XRIF of L, hold; Sd/XRIF of L, hold, trng LF sd L/ sd R, together L under L hip/cl R to L now M fcing LOD;
- 12a3- {Underarm Trn w/2 Slow Voltas & Fc & Both Hook Trn} Bk L, rec R across L comm RF trn leading W under,
- a1-3&4 sd/XRIF of L, hold; Sd/XRIF of L, hold, trng RF (LF) sd & fwd L, XRIB of L trng RF/cont RF trn in place L; Cont RF trn fwd & across R twd LOD,

**9 -10 SLOW DOWN UP SWIVEL TO FACE;;; w/ARM & JAZZ HAND;**

- Soften knees & slowly swvl ½ LF on R as you rise;;; Slowly raise trail arm straight up past ear palm out as you shimmy hand until music fades;

**NOTE:** Timing listed on side under measures refers to actual weight changes.