

IT FEELS GOOD, GOOD, GOOD

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Music: It Feels Good by Drake White (Album: Spark)
Available: Amazon Download **Time:** 2:39 @ 49 RPM (or to suit)
Music Preview: <https://youtu.be/OdWXJvV-ILY?si=D2F6h9FEE8R2kGqu>
Rhythm/Phase: Two Step II+1+1unph [Fishtail] [Left Turning Broken Box]
Footwork: Opposite, except where noted (*Woman's footwork in parenthesis*)
Sequence: **INTRO-A-B-INTLD-A-B-C-D-B-E-END** **Difficulty:** Average
Released: April 12, 2025 (Written for 2025 Pear Blossom Festival)

INTRO

[CP WALL] **CP WALL WITH LEAD FOOT FREE WAIT; WAIT; START ON "OH YEAH"**
1-2 CP WALL wait two meas;;

[CP WALL] **TRAVELING BOX;;;:**
3-4 Sd L, cl R, fwd L, -; Trng to RSCP walk fwd R, -, fwd L, -;
5-6 Blending to CP sd R, cl L, bk R, -; Blend to SCP walk fwd L, -, fwd R, -;

PART A

[SCP LOD] **2 FORWARD TWO STEPS;; SCOOT; WALK 2;**
1-2 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -;
3 QQQQ Fwd L, cl R, fwd L, cl R;
4 ss Fwd L, -, fwd R, -;

[SCP LOD] **HITCH; HITCH/SCIS; FISHTAIL; WALK and FACE;**
5-6 Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, (*W bk L [trng ¼ LF], cl R, [trng LF], XLIB of R [end in BJO]*), -;
7 QQQQ XLIB of R but not tightly, as body commences to trn R take a small step to side on R completing ¼ RF
body turn, fwd L with L shldr leading, XRIB of L but not tightly;
8 ss Fwd L, -, fwd R trn ¼ RF to CP WALL, -;

PART B

[CP WALL] **LEFT TURNING BROKEN BOX;;;: ;;;:**
1-2 QQS; SS; Sd L, cl R, fwd L trn ¼ LF, -; Rk fwd R, -, rec L, -;
3-4 QQS; SS; Sd R, cl L, bk R trn ¼ LF, -; Rk bk L, -, rec R, -;
5-6 QQS; SS; Sd L, cl R, fwd L trn ¼ LF, -; Rk fwd R, -, rec L, -;
7-8 QQS; SS; Sd R, cl L, bk R trn ¼ LF, -; Rk bk L, -, rec R to CP WALL, -;

INTERLUDE

[CP WALL] **TRAVELING BOX;;;:**
1-4 Repeat meas 3-6 of Intro;;;;

REPEAT PART A
REPEAT PART B

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Dance by Rikki Lobato

PART C

[CP WALL]

LACE UP to OP/LOD;;;:

- 1-2 Fwd L diag (*W under jnd ld hnds*) chg sds, cl R, fwd L -; Fwd R, cl L, fwd R to LOP LOD, -;
3-4 Fwd L diag (*W under jnd trl hnds*) chg sds, cl R, fwd L, -; Fwd R, cl L, fwd R to OP LOD, -;

[OP LOD]

CIRCLE CHASE;;;:

- 5-6 Begin to travel individually in a LF circular pattern fwd L, cl R, fwd L to TANDEM COH, -; Continuing to curve individually fwd R, cl L, fwd R to end side by side feg RLOD, -;
7-8 Continuing to curve individually fwd L, cl R, fwd L to TANDEM WALL, -; Complete the circular pattern fwd R, cl L, fwd R to end feg PTR WALL no hands joined, -;

PART D

[FC WALL]

SKATE LEFT and RIGHT; SIDE TWO STEP; SKATE RIGHT and LEFT; SIDE TWO STEP;

- 1 &S&S; Swivel LF on R and step fwd on L/draw R to L [swinging arms to left], -, swivel RF on L and step fwd on R/draw L to R [swinging arms to right], -;
2 Side L, cl R, sd L, -;
3 &S&S; Swivel RF on L and step fwd on R/draw L to R [swinging arms to right], -, swivel LF on R and step fwd on L/draw R to L [swinging arms to right], -;
4 Side R, cl L, sd R, -;

[FC WALL]

BACK AWAY 3; BACK AWAY 3; STRUT TOGETHER 4 to CP WALL;;

- 5-6 Bk L, bk R, bk L, -; Bk R, bk L, bk R, -;
7-8 ss With "attitude" fwd L, -, fwd R, -; Fwd L, -, fwd R to CP WALL, -;

REPEAT B

PART E

[CP WALL]

HALF BOX; SCISSORS THRU to OP LOD; DOUBLE HITCH;;

- 1-2 Sd L, cl R, fwd L, -; Sd R, cl L, XRIF to OP LOD;
3-4 Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, -;

[OP LOD]

FORWARD LOCK/FORWARD; FORWARD LOCK/FORWARD; VINE APART and TOGETHER to CP WALL;;

- 5-6 Fwd L, XRIB, fwd L, -; Fwd R, XLIB, fwd R, -;
7-8 Sd L, XRIB, sd L, -; Sd R, XLIB, sd R sharply RF to CP WALL, -;

END

[CP WALL]

TRAVELING BOX to BFLY WALL;;;: VINE 3, TOUCH; WRAP; UNWRAP; REWRAP and HOLD;

- 1-4 Repeat meas 3-6 of Intro blending to BFLY WALL;;;;
5 QQQQ Sd L, XRIB, sd L, tch R ;
6 QQQQ Sd R, XLIB, sd R, tch L keeping both hands jnd with lead hnds over W's head and M's R and W's L at waist level (*W trn LF and step L, R, L, tch R*);
7 QQQQ Release lead hnds M step L, R, L, tch R, (*W unwrap RF to arms length step R, L, R, tch L*);
8 QQQQ Sd R, XLIB, sd R, tch L keeping both hands jnd with lead hnds over W's head and M's R and W's L at waist level and hold (*W trn LF and step L, R, L, tch R*);

HEAD CUES

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CHOREO BY RIKKI LOBATO

TWO STEP II+1+1UNPH [FISHTAIL] [LEFT TURNING BROKEN BOX]

INTRODUCTION

CP WALL WAIT 2 MEAS;; ON "OH YEAH" START TRAVELING BOX TO SCP;;;

PART A

2 FWD TWO STEPS;; SCOOT; WALK 2; HITCH; HITCH/SCIS; FISHTAIL;
WALK AND FC TO CP WALL;

PART B

LEFT TURNING BROKEN BOX;;;

INTERLUDE

TRAVELING BOX TO SCP;;;

PART A

2 FWD TWO STEPS;; SCOOT; WALK 2; HITCH; HITCH/SCIS; FISHTAIL;
WALK AND FC TO CP WALL;

PART B

LEFT TURNING BROKEN BOX;;;

PART C

LACE UP TO OP LOD;;; CIRCLE CHASE TO FC PTR AND WALL;;;

PART D

SKATE LEFT AND RIGHT; SIDE TWO STEP; SKATE RIGHT AND LEFT; SIDE TWO STEP;
BACK AWAY 3; BACK AWAY 3; STRUT TOGETHER 4 TO CP WALL;;

PART B

LEFT TURNING BROKEN BOX;;;

PART E

HALF BOX; SCISSORS THRU TO OP LOD; DOUBLE HITCH;;
FORWARD LOCK/FORWARD 2X;; VINE APART AND TOGETHER TO CP WALL;;

END

TRAVELING BOX to BFLY WALL;;; VINE 3, TCH; WRAP; UNWRAP; REWRAP AND HOLD;