

# NOTHING FEELS SO GOOD

Choreographers: Michael & Regina Schmidt, Lebensbaumweg 21, 50767 Köln, Germany      Release 1.2 / May 2015  
Tel.: 0049 – 221 – 7125029      e-Mail: [rumsdance@gmx.de](mailto:rumsdance@gmx.de)      web: [www.rumsdance.de](http://www.rumsdance.de)  
Record: CD, Casaphon – Ballroom Glamour, Track 16, "Loving You" by Paul Louis Reeves (2:48 min) or Download  
Timing: Sqq; exceptions noted      Tempo: as on CD or Download  
Rhythm & Phase: FX, V +1 (Spin & Twist)      Footwork: opposite except where noted  
Sequence: INTRO – A – A – B – A(1-12) – END

---

## INTRO

- 1 - 4 (BACK-TO-BACK, TRAIL FEET FREE, NO HANDS JOINED) WAIT 2;; BACK-TO-BACK; FACE-TO-FACE;  
1-4 Wait in Bk-to-Bk Pos Man feg COH;; Sd R, cl L, sd R trn ½ RF to fc ptr & WALL, -; Sd L, cl R, sd L trn ¼ LF to fc LOD, -;  
5 - 8 REVERSE BASKETBALL TURN TO BJO;; FRONT TWIST VINE 4; CROSS SWIVEL & HOLD;  
5-8 Rk fwd R comm LF trn, -, rec L keep trng twd RLOD, -; Rk sd & fwd R keep trng LF, -, rec L to BJO DLW, -;  
Fwd R outsd ptr comm RF trn, sd & bk L to SCAR DRW, bk R comm LF trn, sd & fwd L to BJO DLW; Fwd R outsd Ptr strong RF swvl on R keep L leg extended bk trn to CP RLOD, -, hold pos, -;  
Timing INTRO: ---; ---; qqS; qqS; SS; SS; qqqq; S-;

## PART A

- 1 - 4 IMPETUS; FEATHER CHECKIT; TOP SPIN; DRAG HESITATION;  
1-4 Bk L, -, cl R heel trn, fwd L in SCP DLC; Thru R, -, fwd L, fwd R ck motion swvl 1/8 LF; Bk L, bk R comm LF trn, keep trng sd & fwd L, fwd R outsd ptr twd DRW; Fwd L to CP DRW comm LF trn, -, sd & bk R trn LF to BJO M feg DLW, -;  
5 - 8 BACK TWIST VINE 4; OUTSIDE SWIVEL & PU; QUICK WEAVE 8;;  
5-8 Bk L comm RF trn, sd & fwd R to SCAR DRW, fwd L outsd ptr comm LF trn, sd & bk R to BJO M fc DLW; Bk L, -, rec R trn LF to CP DLC, -; Fwd L comm LF trn, sd & bk R to BJO DRC, bk L, bk R; Bk L, bk R comm LF trn, keep trng LF sd & fwd L, fwd R outsd ptr to BJO DLW;  
[W(5-8): Fwd R outsd ptr comm RF trn, sd & bk L, bk R comm LF trn, sd & fwd L; Fwd R swvl ½ RF, -, thru L in SCP trn ½ LF to CP, -; Bk R comm LF trn, sd & fwd L, fwd R outsd ptr, fwd L; Fwd R outsd ptr, fwd L comm LF trn, keep trng LF sd & bk R, bk L;]  
9 - 12 THREE STEP; HALF NATURAL TURN; SPIN & TWIST TO SCP;;  
9-12 Fwd L to CP DLW, -, fwd R, fwd L; Fwd R comm RF trn, -, fwd L compl RF trn to CP RLOD, bk R; Bk L pivot RF, -, fwd R cont trn, fwd L swvl RF to CP RLOD/XRib of L with part weight; Unwind RF, -, cont unwind chg weight to R rise, fwd L in SCP DLC;  
[W(11-12): Fwd R btw M's feet pivot RF, -, bk L cont trn, sd & fwd R/fwd L arnd M; Fwd R arnd M, -, fwd L swvl RF, fwd R in SCP DLC;]  
13 - 16 PROMENADE WEAVE;; RIGHT FACE CURVE WALK 2 CHECKING; (1.) SLOW ROCK BACK & RECOVER;  
13-16 Thru R, -, fwd L trn LF to CP, sd & bk R to BJO feg DRC; Bk L, bk R comm LF trn, sd & fwd L to BJO DLW, fwd R outsd ptr; Crv RF fwd L, -, fwd R cking to BJO DRW, -; Rk bk L, -, rec R, -;  
[W(13-16): Thru L, -, comm LF trn sd & bk R to CP, cont trng on R until feg DLW fwd L; Fwd R outsd ptr, fwd L comm LF trn, keep trng LF sd & bk R, bk L; Crv RF bk R, -, bk L cking, -; Rk fwd R, -, rec L, -;]

## (2.) BACK WEAVE 4;

Bk L, bk R comm LF trn, sd & fwd L to BJO DLW, fwd R outsd ptr;  
[W(16): Fwd R, fwd L trn LF, sd & bk R, bk L;]

Timing Part A: Sqq; Sqq; qqqq; SS; qqqq; SS; qqqq; qqqq;  
Sqq; Sqq; Sqq&; Sqq; Sqq; qqqq; SS; (1.) SS  
(2.) qqqq;

**PART B**

**1 - 4 THREE STEP; NATURAL HOVER CROSS;; TELEMARK TO SEMI CLOSED POSITION;**

1-4 Fwd L, -, fwd R, fwd L; Fwd R comm RF trn, -, sd L cont RF trn, sd & fwd R to SCAR DLW; Ck fwd L outsd ptr, rec R, sd L trn LF to BJO DLC, fwd R outsd ptr; Fwd L comm LF trn, -, cont LF trn sd R, sd & fwd L in SCP DLW;  
[W(1-4): Bk R, -, bk L, bk R; Bk L comm RF trn, -, cl R heel trn RF, sd & bk L; Ck bk R, rec L, sd & bk R trn LF, bk L; Bk R, -, cl L heel trn, sd & fwd R in SCP DLW;]

**5 - 8 NATURAL WEAVE;; CHANGE OF DIRECTION; DOUBLE REVERSE SPIN;**

5-8 Thru R comm RF trn, -, sd L to CP RLOD, bk R in CBMP; Bk L, bk R comm LF trn, sd & fwd L to BJO DLW, fwd R outsd ptr; Fwd L comm LF trn, -, sd & fwd R to CP DLC, -; Fwd L comm LF trn, -, sd & fwd R spin LF to CP DLC, -;  
[W(5-8): Thru L, -, fwd R, fwd L; Fwd R outsd ptr, fwd L comm LF trn, keep trng LF sd & bk R, bk L; Bk R comm LF trn, -, sd & bk L, -; Bk R, -, cl L heel trn/crv fwd R, crv fwd L;]

**9 - 12 OPEN REVERSE TURN; HOVER CORTÉ; BACK HOVER LADY TURNS TO SCP; OPEN NATURAL TURN;**

9-12 Fwd L comm LF trn, -, cont LF trn sd & bk R, bk L to BJO DRC; Bk R to CP RLOD, -, cont LF trn sd & fwd L, rec bk R; Bk L, -, sd R with 1/8 RF trn & rise, rec fwd L in SCP DLW; Thru R comm RF trn, -, sd & bk L to CP RLOD, bk R with strong R shldr ld;  
[W(9-12): Bk R comm LF trn, -, cont LF trn sd & fwd L, fwd R outsd ptr; Fwd L, -, cont LF trn sd & fwd R, rec fwd L; Fwd R outsd ptr, -, sd L with rise trn RF to SCP, rec fwd R; Thru L, -, fwd R, fwd L;]

**13 - 16 QUICK HEEL PULL CURVED FEATHER; TWICE; BACK FEATHER; BACK THREE STEP;**

13-16 Bk L comm strong RF trn, heel pull R to L cont trn to CP DLW, crv fwd L, ck fwd R outsd ptr; Bk L comm strong RF trn, heel pull R to L cont trn to CP DLW, crv fwd L, ck fwd R outsd ptr; Bk L, -, bk R, bk L; Bk R to CP RLOD, -, bk L, bk R;  
[W(13-16): Fwd R outsd ptr, strong RF trn sd & bk L, sm bk R crv RF, sm bk L ck; Fwd R outsd ptr, strong RF trn sd & bk L, sm bk R crv RF, sm bk L ck; Fwd R, -, fwd L, fwd R outsd ptr; Fwd L, -, fwd R, fwd L to CP;]

Timing Part B: Sqq; Sqq; qqqq; Sqq; Sqq; qqqq; SS; SS;  
Sqq; Sqq; Sqq; Sqq; qqqq; qqqq; Sqq; Sqq;

**END**

**1 - 4 PROMENADE WEAVE WITH CLOSE TO CP WALL;; BASKETBALL TURN 3 TO BACK-TO-BACK & TOUCH;;**

1-4 Repeat action measure 13-14 PART A but end with ..., sd L, cl R to CP WALL;; Rk sd L, -, rec R trn ¼ RF, -; Fwd L trn RF to bk-to-bk POS, -, tch R, -;

**5 - 8 BACK-TO-BACK; FACE-TO-FACE; REVERSE BASKETBALL TURN TO BJO;;**

5-8 Repeat actions meas 3-6 of INTRO;;;;

**9 - 10 FRONT TWIST VINE 4; CHECK FORWARD – OUTSIDE SWIVEL TO SCP;**

9-10 Repeat actions meas 7 of Intro; Ck fwd R, -, rec L, -;  
[W(10): Ck bk L, -, rec fwd R swvl RF to SCP, -;]

**11 - 12 STEP THRU TO PROMENADE SWAY; CHANGE OF SWAY – SWAY BACK;**

11-12 Step thru R, -, sd & fwd L stretch left sd in SCP POS, -; Rotate upper body LF lower slightly into knees and chg sway, -, rise and rotate RF and chg bk to PROM SWAY, -;

Timing END: Sqq; qqqq; SS; SS; qqS; qqS; SS; SS; qqqq; SS; SS; SS;