

FEELS SO RIGHT

RELEASED: February 2012

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 RECORD: Feels So Right Artist: Alabama
 MP3, Alabama Greatest Hits Album Time: 3:37 Available: I-tunes, others
 RHYTHM: Bolero, RAL Phase IV, easy level
 FOOTWORK Opposite (Woman's footwork or other explanation in parentheses)
 SEQUENCE: Intro, A, B, C, B, Interlude, A, B, C, Ending

INTRODUCTION	
Meas.	
1-2	(BFLY POS) WAIT 1 MEAS (trail foot free); OPEN BREAK;
SQQ;	Wait 1 measure with trail foot free; Sd & fwd, -, apt, fwd;
3-4	UNDERARM TURN; REV UNDERARM TURN;
SQQ;	Sd L, -, XIB R, fwd (W sd R w/ body rise starting RF turn under joined hands, -, XIF L lowering and continue turning ½ RF, fwd R continue turn to fc partner);
SQQ;	Sd R, -, XIF L, bk R (W sd L w/ body rise start LF turn under joined hands, -, XIF R lowering and continue turning ½ LF, fwd L continue turn to fc partner);

PART A	
Meas.	
1-4	NEW YORKER; SHOULDER TO SHOULDER TWICE;; LUNGE BREAK;
SQQ;	(Bfly-wall) sd L, -, slip fwd R to OP, bk L to Bfly;
SQQ;	Sd R, -, XIF L to Bfly/Sidecar, bk R to fc;
SQQ;	Sd L, -, XIF R to Bfly/Banjo, bk L to fc;
SQQ;	Sd & fwd R, -, extend L, rise & rec R (W sd & bk L, -, bk R in contra pos, rec L);
5-6	CROSS BODY; REV UNDERARM TURN;
SQQ;	Turn sd & bk L, -, turn LF & slip bk R, fwd L turning LF to Bfly-COH (W sd & fwd R, -, fwd L crossing in of M turning LF ½, small sd R);
SQQ;	Sd R, -, XIF L, bk R (W sd L w/ body rise start LF turn under joined hands, -, XIF R lowering and continue turning ½ LF, fwd L continue turn to fc partner);
7-10	NEW YORKER; SHOULDER TO SHOULDER TWICE;; LUNGE BREAK;
	(Bfly-COH) repeat measures 1-4 of Part A;;;;
11-12	CROSS BODY; REV UNDERARM TURN;
	Repeat measure 5 of Part A to Bfly-wall; Repeat measure 6 of Part A, end CP-wall w/ lead hands lowered;

PART B	
Meas.	
1-2	HIP ROCKS TWICE;;
SQQ;	(CP-wall, lead hands lowered) rk sd L rolling hip sd & bk, -, rec R w/ hip roll, rec L w/ hip roll;
SQQ;	Repeat to R side;
3-6	TURNING BASIC TWICE;;;;
SQQ;	Sd & fwd L, -, bk R turning ¼ LF with slip pivot action, sd & fwd L turning ¼ LF;
SQQ;	(CP-COH) sd R, -, fwd L w/ contra check action, bk R;
SQQ;	Repeat measure 3 of Part B, turning to fc wall;
SQQ;	Repeat measure 4 of Part B, ending in Bfly;

PART C	
Meas.	
1-2	FENCE LINE to R HANDSHAKE; SHADOW NEW YORKER;
SQQ;	(Bfly-wall) sd L, -, X lunge R, rec L (changing to R handshake pos, facing wall);
SQQ;	Sd R & turn RF toward partner, -, continue RF turn slip fwd L shaping to partner, recover bk R turning LF to fc partner (W sd L & turn LF toward partner, -, continue LF turn slip fwd R shaping to partner (in front of partner in L shadow pos), recover bk L turning RF to fc partner – retain R handshake position);
3-4	CROSS BODY; SHADOW NEW YORKER to 1/2 OP-RLOD;
SQQ;	Turn sd & bk L, -, turn LF & slip bk R, fwd L turning LF to fc COH (W sd & fwd R, -, fwd L crossing in of M turning LF ½, small sd R – end R handshake pos M fc COH);
SQQ;	Sd R & turn RF toward partner, -, continue RF turn slip fwd L shaping to partner, recover bk R turning LF to 1/2 OP (W sd L & turn LF toward partner, -, continue LF turn slip fwd R shaping to partner (in front of partner in L shadow pos), recover bk L turning RF to 1/2 OP-RLOD);
5-8	BOLERO WALK 3; OPEN IN & OUT RUNS;; BOLERO WALK 3 to FC;
SQQ;	(1/2 OP-RLOD) fwd L, -, fwd R, fwd L;
SQQ;	Fwd R starting RF turn, -, sd & bk L continuing RF turn to L 1/2 OP-RLOD, fwd R (W fwd L allowing man to cross in front, -, fwd R, fwd L, ending in L 1/2 OP-RLOD);
SQQ;	Fwd L allowing woman to cross in front, -, fwd R, fwd L to 1/2 OP-RLOD (W fwd R starting RF turn, -, sd & bk L continuing RF turn to 1/2 OP);
SQQ;	(1/2 OP-RLOD) fwd R, -, fwd L, fwd R blending to Bfly-COH;
9-10	FENCE LINE to R HANDSHAKE; SHADOW NEW YORKER;
SQQ;	(Bfly-COH) repeat measures 1 & 2 of Part C, ending R handshake position facing COH;;
SQQ;	
11-12	CROSS BODY; FWD BREAK;
SQQ;	Repeat measure 3 of Part C, ending Bfly-wall;
SQQ;	Sd & fwd R with body rise to L OP Facing, -, fwd L with contra check action, bk R (W sd & bk L with body rise, -, bk R with contra check action, fwd L); (note: 1 st time thru end in CP-wall with lead hands lowered; 2 nd time end Bfly-wall)

INTERLUDE	
Meas.	
1-4	HAND TO HAND; SPOT TURN TWICE;; HAND TO HAND;
SQQ;	(Bfly-wall) sd L, -, swivel & bk R to LOP, fwd L to fc partner;
SQQ;	Sd R starting RF turn, -, XIF L continue turn RF ½, fwd R continuing turn to fc partner;
SQQ;	Sd L starting LF turn, -, XIF R continue turn LF ½, fwd L continuing turn to fc partner;
SQQ;	Sd R, -, swivel & bk L to OP, fwd R to Bfly-wall;

ENDING	
Meas.	
1-2	PREPARE THE AIDA; AIDA AND EXTEND;
SQQ;	(Bfly-wall) sd L rising to slight V position, -, thru R, turning RF sd L;
SS;	Continue RF turn step bk R to Aida line, -, slowly extend R arm as music fades, -;