

FEELING GOOD FOXTROT

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MUSIC: CD, CM-DCD 605 Casa Musica, Ballroom Stars Vol. 1, Disc 2, Track # 6
RHYTHM: Slowfox Phase V + 1 (bounce)
FOOTWORK: opposite, except, where noted
Thanks to Michael Schmidt for a few "choreographical points of view" ☺
SEQUENCE: Intro - A - A - B - C - B - End

Intro:

1- 4

1 - 2
3 - 4 SS

WAIT;; TOG,-, TCH,-; FEATHER FINISH;

LOP fcg ptr & DRW ld ft free wait 2 meas;;
{TOG, -, TCH,-;} fwd L, -, tch R to L,-;
{FTHR FIN} bk R trng LF,-, sd & fwd L, fwd R XIF;

Part A:

1- 4

1 {THREE-STP} Fwd L,-, fwd R, fwd L all passing steps;
2 {1/2 NAT TRN} Fwd R DLW between W's Feet start RF trn,-, sd L DLW, bk R LOD
(W bk L beg RF trn,-, cl R for heel trn comm RF trn, fwd L) to CP RLOD;
3 {CL IMP} Bk L trng RF prep for heel trn,-, cont heel trn & trans weight to R, sd &
bk L;
(W fwd R comm RF trn between M's feet,-, sd & fwd L cont RF trn around M &
brush R to L, fwd R between M's feet) to CP LOD;
4 {FTHR FIN} bk R trng LF,-, sd & fwd L, fwd R XIF; to CBMP/DLC;

5 - 8

5
6 - 7 SQQ
QQQQ
8

REVERSE WAVE 3; CK & WEAVE;; HOVER TELEMAR;

{REV WAV 3} Fwd L comm LF trn,-, fwd & sd R cont trn, bk L
(W Bk R comm LF trn,-, cl L to R (heel trn), fwd R);
{CK & WEV} Ck bk R,-,rec fwd L comm LF trn, cont trn sd & bk R; Bk L CBMP in
BJO, bk R cont trn, cont trn sd & fwd L, fwd R to CBMP in BJO/DLW ;
{HVR TELE} Fwd L,-, diag sd & fwd R rising slightly with body trn 1/8 to R, fwd L
to SCP (W bk R,-, sd & bk twd WALL trn 1/8 to R, fwd R twd LOD);

9 - 12

9
10
11
12 SS

CURVED FEATHER CK; BACK FEATHER; FEATHER FINISH; CHANGE OF DIRECTION;

{CRV FTHR CK} Fwd R comm RF trn,-, fwd & sd L w/strong bdy trn RF, ck fwd R
in CBMP in BJO (W Fwd L comm LF trn,-, bk L passing well undr bdy cont LF trn,
bk R well undr bdy);
{BK FTHR} Bk L,-, bk R w/R shld ld, bk L to CBMP in BJO;
{FTHR FIN} bk R trng LF,-, sd & fwd L, fwd R XIF to CBMP/DLC;
{CHG OF DIR} Fwd L,-, fwd R DLW trng LF drw L to R to CP DLC;

Part B:

1- 4

1- 2 {REV WAV} Fwd L comm LF trn,-, sd R line of progression, bk L DLW; Bk R line of
progression,-, bk L, bk R curving LF to end CP/RLOD
(W Bk R comm LF trn,-, cl L to R (heel trn), fwd R; fwd L,-, fwd R, fwd L curving) ;
3 {CL IMP} Repeat meas 3 of Part A ;
4 {FTHR FIN} Repeat meas 4 of Part A;

5 - 8

5
6 - 7 SQQ
QQQQ

THREE STEP; NATURAL HOVER CROSS;; TO TOP SPIN;

{THREE-STEP} Repeat meas 1 of Part A;
{NAT HVR CROSS} Fwd R comm RF trn,-, sd L w/L sd stretch, cont RF trn sd R;
Fwd L outsd ptr in CBMP, rec R, sd & fwd L, fwd R outsd ptr in CBMP/start Top
Spin

8 &;QQQQ (W Bk L comm RF trn,-, cl R to L (heel trn), cont RF trn sd L; Bk R in CBMP, rec L, sd & bk R, bk L)
 {TO TOP SPN} /Spin LF on R; Bk L in CBMP, bk R trn LF, sd & fwd L, fwd R in CBMP outsd ptr
 (W /Spin LF on L; Fwd R in CBMP, fwd L trn LF, sd & bk R, bk L);

9 -10

9 **WHISK; FEATHER;**
 {WSK} Fwd L to CP,-, fwd & sd R & rise, XLIB
 (W bk R,-, bk & sd L & rise, XRIB);
 {FTHR} Thru R,-, fwd L, fwd R
 (W thru L trng LF twd ptr,-, sd & bk R, bk L) to end CBMP/DLC;

Part C:

1 - 4

OP TELEMARK; NAT FALLAWAY WEAVE;; CHANGE OF DIRECTION;
 1 {OP TELE} Fwd L comm LF trn,-, sd R cont trn, sd & fwd L
 (W Bk R comm LF trn bringing L beside R w/no wgt,-, cont LF trn on R heel and chg wt to L, sd & fwd R) to SCP DLW;
 2 - 3 SQQ {NAT FAL WEV} Thru R,-, fwd L trn RF w/slo rise, bk R falwy pos bkg DLC; bk L
 QQQQ bk R to CP, sd & fwd LDW, fwd R
 (W Thru L,-, fwd R trn RF w/slo rise, bk L falwy pos bkg DLC; bk R, fwd L slp pvt LF, sd & bk R DW, bk L) to CP DLW;
 4 {CHG OF DIR} Repeat meas 12 of Part A;

5 - 8

TURN L & CHASSE TO BJO; DBL BK BOUNCE; WEAVE ENDING; CHANGE OF DIRECTION;
 5 SQ&Q {TRN L & CHS TO BJO} Fwd L comm LF trn,-, sd R cont LF trn/cl L, sd R compl trn to BJO;
 6 QQQQ {DBL BK BOUNCE} Bk L in CBMP, cl R, bk L, cl R with bounce action;
 7 QQQQ {WEV END} Bk L in BJO, bk R to CP trn LF, sd & fwd L DLW, fwd R CBMP DLW (W Fwd R, fwd L trn LF, sd & bk R, bk R CBMP) ;
 8 {CHG OF DIR} Repeat meas 12 of Part A;

ENDING:

1- 4

1 - 2 **REVERSE TURN;; HOVER TELEMARK; CHAIR & SLIP;**
 {REV TRN} Fwd L comm LF trn,-, sd R cont LF trn, bk L LOD; bk R cont LF trn,-, sd & fwd L DLW, fwd R to CBMP DLW
 (W Bk R comm LF trn,-, cl L to R (heel trn) cont LF trn, fwd R to CP; Fwd L cont LF trn,-, sd R DLW, bk L to CBMP) ;
 3 {HOV TELE} Repeat meas 8 of Part A;
 4 {CHR & SLP} Ck thru R w/lun action,-, rec L, slp R bk to CP DLC
 (W Ck thru L w/lun action,-, rec R, swvl LF on R & stp fwd L outsd ptr to CP DLC);

5- 6

OK L PIVOT TO SLOW HINGE; & EXTEND;
 {PVT L TO SLO HINGE} Fwd L comm LF trn ½ to fc RLOD, bk R cont LF trn, sd & fwd L, cont L sd stretch lead W to XIB
 (W Bk R comm LF trn ½ to fc LOD, fwd L comm LF trn/sd R, XLIB,-);
 {& EXTEND} Extend hinge line, as long as you hear music;