

I Feel Phenomenal (WDM 23)

Choreographed by **Roy Hadisubroto (NL)**, **Fiona Murray (IRE)** **Tim Johnson (UK)** Aug 2023

Description: 64count, 2 wall, Phrased Advanced
Music: Phenomenal – Leftrightcenter approx. 2.19
Count In: Dance begins after 16 counts
Notes: **A – 32 counts, Tag 16 counts, B 32 counts (16 counts repeated)**
Sequence: **A, Tag, B, A, Tag, B, A, B, B**

A (1 wall)

1-8 Walk R, L, & together heel pop, R cross, 3/8 R, ¼ R hitch, down R, hold, clap X2

1-2 Walk fwd R (1) walk fwd L (2)

&3&4 Making 1/8 L, step R to R side (&) step L next to R (3) lift heels pushing knees fwd (&) bring heels down ending with weight on L (4) *end facing 10:30

5-6 Cross R over L (5) making a 3/8 to the R, step back on L (6)

&a7 Hitch up R knee (&) making a ¼ R, step R out to R side (a) keeping weight on R, hold (7)

&8 Clap hands by bringing R hand down and L hand up (&) clap hands by bringing L hand down and R hand up (8) ... (End facing 6)

9-16 Cross point L, side point L, & side points, body roll, ball side, heel twist

1-2 Point L in front of R (1) point L to L side (2)

&3&4 Step L next to R (&) point R out to R side (3) step R next to L (&) point L to L side (4)

5-6 Angling body to 7:30, start body roll from head downwards (5) finish body roll taking weight on L (6)

&7 Keeping body angled to 7:30, step R next to L (&) step back on L (7)

&8 keeping body angled to 7:30, twist R heel out (&) twist R heel in (8) ... (end facing 7:30)

17-24 Modified Dorothy step R, modified Dorothy step L, rolling rock steps, step ½ R

1-2& Traveling to the diagonal, step R to R side (body facing 6) (1) step L behind R (2) step R fwd squaring up to 7:30 (&)

3-4& Traveling to the diagonal, step L to L side (body facing 12) (3) step R behind L (4) step L fwd squaring up to 7:30 (&)

5-6-7 Step R fwd rolling hips fwd (5) recover on L rolling hips back (6) rock fwd on R rolling hips fwd (7)

8& Step L fwd (8) turn ½ R taking weight onto R (&) ... (end facing 1:30)

25-32 L lock & lock & lock & sweep 1/8 L, cross, side L, hold, bump hips RL

1&2& Travelling to 1:30, step L fwd (1) lock R behind L (&) step fwd L (2) lock R behind L (&)

3&4 Travelling to 1:30, step L fwd (3) lock R behind L (&) Step L fwd sweeping R back to front, beginning to square up to 12: (4)

5-6 Squaring up to 12:00 cross R over L (5) step L to L side (6)

7&8 Hold (7) bump hips to the R (&) take weight on L bumping hips to the L (8) ... (end facing 12)

TAG (2 walls)

1-8 V-step (heel, heel, back, back), fwd, ¼ L, LR heel twists, body roll down

1&2& Step R heel to R diagonal (1) step L heel to L diagonal (&) step R back to centre (2) step L next to R (&)

3-4 Step R fwd (3) keeping the rest of the body isolated roll head to look L (end looking at 9, with body facing 12) (4)

5&6& beginning to make a ¼ L twist L heel 90 degrees (L foot end facing 9) (5) finish ¼ L twist R heel 90 degrees (end facing 9) (&) ending with feet shoulder width apart, step back L (6) step back R (&)

7-8 Start a body roll down the body (7) end body roll as if you are sat on a high bar stool (8)

9-16 hands up, down, twist, 1/4 , & slow motion, run RL fwd

1-2 Keeping your lower body stationary raise your hand in the air so they are level with your head. Upper arms are out to your side at a 90 degree, forearms are up with palms facing fwd (1). Keeping your upper arms in position twist from your elbow until your palms are facing downwards & level with your hip (2)

3-4 Keeping your body isolated twist just your arms and shoulders 90 degrees bringing your R hand over your pelvis, L over your lower back (3) making a ¼ L feet and head 90 degrees ending with weight across both feet but more on L... (4) ... *end facing 6

&5,6,7 Swinging hands slightly fwd rock back on R (&) Step down on L whilst slowly bringing R through (as if you're walking in slow motion) (5) continue to bring R through over the next two counts (6,7)

music will slow/ go silent over counts 5,6,7

8& Step down on R (8) step on ball of L (&) ... (end facing 6)

B (2 walls)

1-8 Walk R,L kick ball step fwd, sit ball step, sit ball step,

1-2 Walk fwd R (1) walk fwd L (2)

3&4 Kick R foot fwd (3) recover weight on R (&) step L fwd (4)

&5&6 Recover on R sitting hips back (&) standing back up taking weight on L (5) Travelling fwd step R behind R (&) travelling fwd, step fwd L (6)

&7&8 Recover back on R sitting hips back (&) standing back up take weight on L (7) Travelling fwd step R behind R (&) travelling fwd step fwd L (8) ... (end facing 6)

9-16 step R, ¼ L, weave, hitch slide, arms up and down locking elbows

1-2 Walk R fwd (1) turn ¼ L taking weight on L (2)

3&4 Cross R over L (3) step L to L side (&) step R behind L (4)

&5-6 Hitch L (&) make a big step to the L on L (5) drag R up next to L (6)

7&8 With upper arms 90 degrees out to the side, raise forearms up with palms facing your head (7) run your hands down your body from chest to hips (&) whilst dropping your upper body down and popping out the R knee pop your elbows out. Your fists should be clenched as if holding on to handlebars. ... (end facing 3)

Repeat counts 1-16 again to complete B.

Note that the first two times you do B your start facing 6:00, but the 3rd time you start facing 12:00!

End of dance, repeat, smile and enjoy 😊