Feel Good Friday

Count: 88 **Wall:** 1 **Level:** Advanced Phrased

Choreographer: Simon Ward (AUS) - April 2025

Music: Healing Hands - Elton John : (Album: Sleeping With The Past, Spotify, iTunes & Amazon)

Sequence: A,A,B,C,Tag,A,A,B,C,Tag,A-,B,C,C,B,C

Dance begins on vocals
End dance on count 1 stepping right to right side raising both arms up slowly in front of body as music fades.

PART A – 32 Counts
[1-8] R L fwd, Ball/cross, R Step, L fwd, Pivot ½ R, L shuffle fwd

1-2	Step right foot forward, Step left foot forward 12.00
&3-4	Step right foot to right side turning 1/8 left, Cross step left over right, Step right foot forward turning 1/8 right to 12.00
5-6	Step left forward, Pivot ½ turn right taking weight onto right foot 6.00
7&8	Step left forward, Step right next to left, Step left forward 6.00

[9-16] R fwd, Spiral turn L, L shuffle fwd, Rock R fwd, Recover L, R lock back

1-2	Step right forward, Slow spiral 7/8 turn left keeping weight on right 7.30
3&4	Step left forward, Step right next to left, Step left forward 7.30
5-6	Rock/step right forward, Recover weight back on left 7.30
7&8	Step right back, Cross/step back left over right, Step right back 7.30

[17-24] L back on diagonal, Touch R, Hold, R back, Touch L, L back, Touch R, ¼ turn R, Point L, Full turn L

&1-2	Make a 1/8 turn left to 6.00 & step left back to left diagonal, Touch right beside left, Hold 6.00
&3&4	Step right back to right diagonal, Touch left beside right, Step left back to left diagonal, Touch right beside left 6.00
&5-6	Step right to right side turning ¼ right, Point left toe to left side 9.00, Step onto left turning ¼ turn left 6.00
7-8	Step right back turning ½ left, Step left to side turning ¼ left 9.00

[25-32] Cross/rock R, Recover L, Chasse R with ¼ turn R, L fwd, Pivot ½ R, Shuffle L fwd

1-2	Cross/rock right over left, Recover weight back on left 9.00
3&4	Step right to right side, Step left beside right, Step right forward turning ¼ right 12.00
5-6	Step left forward, Pivot ½ turn right taking weight onto right 6.00
7&8	Step left forward, Step right next to left, Step left forward 6.00

Note: On "A-" section make a ½ turn left on left after count 32 to start Part B facing front wall
This happens during the instrumental part of the song (see phrasing)

Part B – 16 Counts (Always starting at 12:00)
[1-8] Rock R to R, Recover L, Cross R chasse, Rock L to L, Recover R, Cross L chasse

1-2	Rock/step right to right side whilst scooping right hand down & up, Recover weight onto left 12.00
3&4	Cross/step right over left, Step left to left side, Cross/step right over left (travel slightly forward) 12.00
5-6	Rock/step left to left side flicking left index finger to left whilst looking left, Recover weight onto right 12.00
7&8	Cross/step left over right, Step right to right side, Cross/step left over right (travel slightly forward) 12.00

[9-16] Rock R fwd, Recover L, Shuffle ½ turn R, 1 ¼ turn right, Touch R & clap

1-2	Rock/step right forward, Recover weight back on left 12.00
3&4	Step right to right side turning ¼ right, Step left beside right, Step right forward turning ¼ right 6.00
5-6	Step left back turning ½ right picking right foot up off the ground, Step right forward turning ½ right picking left foot up off the ground 6.00
7-8	Step left to left side turning ¼ right, Touch right beside left & clap 9.00

Part C – 40 Counts (Always starting at 9:00)

[1-8] Step R, Transfer weight L,R,L with R arm raised, R side then Cross/step L x 2 with arms

1-2 Step right to right side raising right hand up with palm facing down towards 12.00, Recover weight onto left leaving hand in place (look up at right hand on these two counts) 9.00

3-4 Recover weight onto right leaving hand in place, Recover weight onto left bring right hand down 9.00

5-6 Step right to right side throwing both hands up towards 12.00, Cross/step left over right bringing both hands down and across lower body (keep head looking up towards 12.00 on these counts) 9.00

7-8 Step right to right side throwing both hands up towards 12.00, Cross/step left over right bringing both hands down and across lower body (keep head looking up towards 12.00 on these counts) 9.00

[9-16] Rock R with arm, ¼ turn L, Full turn L, Walk fwd R,L,R,L with arms raising up

1-2 Rock/step right to right side looking towards 12.00 whilst reaching right arm directly out in front of you with palm facing left, Recover weight onto left turning ¼ left replacing right arm to original position 6.00

3-4 Step right back turning ½ left, Step left forward turning ½ left 6.00

5-8 Walk forward right, left right, left (both arms will rise slowly in front of body on walks) 6.00

[17-24] R side, Touch L heel, Hold, Step on L, Cross R, L Side, Rock R back, Recover L, Shuffle R fwd

&1-2 Step right to right side, Touch left heel to left diagonal, Hold 6.00

&3-4 Step left beside right, Cross/step right over left, Step left to left side

5-6 Rock/step right back turning 1/8 right, Recover weight onto left 7.30

7&8 Step right forward, Step left beside right, Step right forward 7.30

[25-32] L fwd, Touch R toe turning ¼ R, Step R, Touch L toe, Rock L, ¼ turn R, Full turn R

1-2 Step left forward, Make a ¼ turn right touching right toe to right diagonal with toe turned out 10.30

3-4 Step onto right, Touch left toe to left diagonal with toe turned out 10.30

5-6 Rock/step left to left whilst looking to left side, Recover weight onto right turning ¼ right 1.30

7-8 Step left back turning ½ right, Step right forward turning ½ left 1.30

[33-40] Lock/shuffle fwd L, R fwd, Pivot ¼ L, R fwd, Pivot 3/8 L, R fwd, Pivot ½ turn L

1&2 Step left forward, Lock/step right behind left, Step left forward 1.30

3-4 Step right forward, Pivot ¼ turn left whilst circling hips counter-clockwise taking weight onto left 10.30

5-6 Step right forward, Pivot 3/8 turn left whilst circling hips counter-clockwise taking weight onto left 6.00

7-8 Step right forward, Pivot ½ turn left taking weight onto left 12.00

Note: After the 3rd C facing at 12:00, make a ¼ turn left to face 9:00 stepping right to right side to continue count 1 of the 4th C

TAG – 8 Counts (Always starting at 12:00)

[1-8] Rock R fwd, Recover L, Shuffle ½ turn R, Rock L fwd, Recover R, Shuffle ½ turn L

1-2 Rock/step right forward, Recover weight onto left 12.00

3&4 Step right to right side turning ¼ right, Step left beside right, Step right forward turning ¼ right 6.00

5-6 Rock/step left forward, Recover weight onto right 6.00

7&8 Step left to left side turning ¼ left, Step right beside left, Step left forward turning ¼ left 12.00