

I Feel Phenomenal

Modern Line Dance (ACE) – Dance B

Description : 64 Counts, 2 Wall
Choreographer : Tim Johnson, Fiona Murray & Roy Hadisubroto
Music : 'Phenomenal' – Leftrightcentre
Sequence : A TAG B A TAG B A BB



PART A (32 counts)

1-8: WALK R L, SIDE TOGETHER, KNEE POP, CROSS, ½ TURN R HITCH, DRAG, CLAP X2

- 1 RF Walk forward.
- 2 LF Walk forward.
- & RF Make ¼ turn left and step to side (10:30).
- 3 LF Step next to RF.
- & BH Lift heels pushing knees forward.
- 4 LF Heels down, weight on LF
- 5 RF Cross over LF.
- 6 LF Make ¾ turn right and step back (03:00).
- & RF Make ¼ turn right & hitch right knee (06:00).
- a RF Step big step to right.
- 7 LF Drag towards RF.
- & Clap hands while bringing R hand down, L hand up.
- 8 Clap hands while bringing L hand down, R hand up.

9-16: CROSS POINT, POINT SWITCHES, BODY ROLL, BALL SIDE, HEEL SWIVEL

- 1 LF Cross point over RF.
- 2 LF Point to left side.
- & LF Close to RF.
- 3 RF Point to right side.
- & RF Close to LF.
- 4 LF Point to left side.
- 5 Angling body to 07:30, start body roll from head downwards.
- 6 LF Finish body roll taking weight on LF (06:00).
- & RF Body angled to 07:30, close RF next to LF.
- 7 LF Step to left side.
- & RH Swivel right heel out.
- 8 RH Swivel right heel in.

17-24: DOROTHY STEPS, ROCK, RECOVER, STEP, ½ TURN PIVOT

- 1 RF Make ⅛ turn right and step diagonally forward (07:30).
- 2 LF Lock behind RF.
- & RF Step slightly diagonally forward.
- 3 LF Step diagonally forward.
- 4 RF Lock behind LF.
- & LF Step slightly diagonally forward.
- 5 RF Rock forward.
- 6 LF Recover, pushing hips back.
- 7 RF Step forward.
- & LF Step forward.
- 8 RF Make ½ turn right, transferring weight (01:30).

25-32: EXTENDED LOCKSTEPS, SWEEP CROSS, HOLD, HIP BUMPS

- 1 LF Step forward.
- & RF Lock behind LF
- 2 LF Step forward.
- & RF Lock behind LF.
- 3 LF Step forward.
- & RF Lock behind LF.
- 4 LF Step forward while sweeping RF from back to front (12:00).
- 5 RF Make ⅛ turn left and cross over LF. (10:30).
- 6 LF Step to left side.
- 7 Hold.
- & Bump hips right.
- 8 Bump hips left.

PART B (32 counts)

Happens facing 06:00 after the Tag and 12:00 after the last Part A

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Modern Line Dance (ACE) – Dance B (Continue)

Description : 64 Counts, 2 Wall
Choreographer : Tim Johnson, Fiona Murray & Roy Hadisubroto
Music : 'Phenomenal' – Leftrightcentre
Sequence : A TAG B A TAG B A BB



floor, elbows out.

1-8: WALK R, L, KICK BALL STEP, SIT BALL STEP, SIT BALL STEP

- 1 RF Walk forward.
- 2 LF Walk forward.
- 3 RF Kick forward.
- & RF Step next to LF.
- 4 LF Step forward.
- 5 RF Bend both knees to seated position taking weight on RF pushing hips back.
- & RF Straighten knees taking weight on LF & close RF to LF.
- 6 LF Step forward.
- 7 RF Bend both knees, taking weight on RF and push hips back.
- & RF Straighten knees taking weight on LF & close RF to LF.
- 8 LF Step forward.

9-16: STEP R, ¼ TURN L, WEAVE, HITCH SLIDE, TOGETHER, BRING UP & LOCK

- 1 RF Step forward.
- 2 LF Make ¼ turn left transferring weight to LF (03:00).
- 3 RF Cross over LF.
- & LF Step left.
- 4 RF Cross behind LF.
- & LF Hitch.
- 5 LF Big step to left, dragging RF towards LF.
- 6 RF Touch next to LF.
- 7 BA Bring both arms up, 90 degrees angle, elbows out, inside fist facing head.
- & Staying in 90 degrees angle drop fists below elbow.
- a Move fists towards body finishing in front of hips.
- 8 Drop upper body down while popping R knee, fists rotate to face

17-32: REPEAT COUNTS 1-16 OF PART B

TAG

1-8: OUT, OUT, IN, IN, STEP, HEAD, ¼ TURN ISOLATED SWIVELS, BACK, STEP, BODYROLL

- 1 RH Step Right heel to right diagonal.
- & LH Step Left heel to left diagonal.
- 2 RF Step back to center.
- & LF Close next to RF.
- 3 RF Step forward.
- 4 Look left.
- 5 LF Swivel left heel right.
- & RF Swivel right heel right, completing ¼ turn left (09:00).
- 6 LF Step back.
- & RF Step to right side.
- 7 Start body roll from head downwards.
- 8 Finish body roll, as if sat on a barstool.

9-16: HANDS UP, DOWN, TWIST, ¼ TURN L, BACK ROCK, SLOW MOTION WALK, RUN R L

- 1 BA Bring both arms up, 90 degrees angle, hand palms facing forward
- 2 Keeping elbows in position, drop forearms forward, hand palms facing floor.
- 3 Isolating upper/lower body, arms in same position upper body makes ¼ turn left (06:00).
- 4 Lower body, finishes ¼ turn left.
- & RF Rock back.
- 5-7 LF Step forward while slowly bring RF through (as if walking in slow motion).
- 8 RF Walk forward.
- & LF Walk forward.