

I FEEL GOOD

- 1) TWIST SIDE TO SIDE 4X
HEEL & DRAG 2X R, L PUSH AWAY 2X

- 2) JUMP STRIDE; TWIST KNEE IN AND
THROW IT OVER SHOULDER 2XR, L
CROSS OVER TURN; PUNCH UP
REPEAT 1&2

- 3) FUNKY KNEES WITH A LIFT
PONY DO THE JERK SQUARE 2X

REPEAT 1, 2 & 3

REPEAT 1 & 2 2X

THEN 2 2MORE TIMES

ALTERNATE PUNCHES UP

HOT FEET TURN 360