



# 2 + 2

**Choreographer: Fred Whitehouse (IRE)**

~Official GOLD competition dance 2023 - 2024~

Type of dance: 96 Count (Part A = 32, Part B = 32, Part C = 32, Tag = 16, ), 1 Wall, Funky - Line Dance  
 Level: Advanced  
 Music: "I Feel Good (feat. Anthony Watts & DJWS) " by Pitbull  
 Intro: 32 counts from first beat in music (app. 15 seconds into track)  
 Sequence: ABCC, TAG, ABCC, TAG

Counts	Footwork Part A 32 Counts	End facing
<b>1 – 8</b>	<b>Hitch &amp; Kick &amp; Side Rock, Kick &amp; Stomp, Swivels, R Sailor Step</b>	
&1&2&	Hitch R knee (&), Kick R forward (1), Cross R over L (&), Rock L to L side (2), Recover on R (&)	12:00
3&4	Kick L forward (3), Cross L over R (&), Stomp R to R side (4)	12:00
5&6	Swivel both heels to L side (5), Swivel both heels to R side (&), swivel both heels to L side (6)	12:00
7&8	Cross R behind L (7), Step L to L side (&), Step R diagonal R forward (8)	12:00
<b>9 – 16</b>	<b>Rock Step Fwd with Body Roll, Pony Step with ½ Turn R, Swivels with ½ Turn L Walk R L</b>	
1 – 2	Rock L forward rolling body forward & down (1), Recover on R hitching L knee (2)	12:00
&3&4	Step L next to R (&), Step R back hitching L knee (3), Step L backwards (&), Turn ½ R stepping R forward (4)	6:00
5&6	Swivel R toe in (5), Swivel R heel in (&), Turn ¼ L swiveling R toe in (6)	3:00
7 – 8	Turn ¼ L walking R forward (7), Walk L forward (8)	12:00
<b>17 – 24</b>	<b>Rocking Heel Rock Cross/Side 2x, Sailor ½ Turn R, Walk L R</b>	
1&2&	Cross rock R heel over L (1), Recover on L (&), Rock R heel to R side (2), Recover on L (&)	12:00
3&4&	Cross rock R heel over L (3), Recover on L (&), Rock R heel to R side (4), Recover on L (&)	12:00
5&6	Cross R behind L (5), Turn ¼ R stepping L next to R (&), Turn ¼ R stepping forward on R (6)	6:00
7 – 8	Walk L forward (7), Walk R forward (8)	6:00
<b>25 – 32</b>	<b>Rocking Heel Rock Cross/Side 2x, Sailor ½ Turn R, Walk L R</b>	
1&2&	Cross rock L heel over R (1), Recover on R (&), Rock L heel to L side (2), Recover on R (&)	6:00
3&4&	Cross rock L heel over R (3), Recover on R (&), Rock L heel to L side (4), Recover on R (&)	6:00
5&6	Cross L behind R (5), Turn ¼ L stepping R next to L (&), Turn ¼ L stepping forward on L (6)	12:00
7 – 8	Walk R forward (7), Walk L forward (8)	12:00
<b>Counts</b>	<b>Footwork Part B 32 Counts</b>	
<b>1 - 9</b>	<b>Step R Fwd, L out L, 2 + 2 fingers/arms, Back RL With Arm Throws, R Coaster With Arms</b>	
1 – 2	Step R forward pushing both arms backwards (1), Step L out to L side bringing R arm up to shoulder height showing R index finger and R middle finger (2)	12:00
3 – 5	Bring L arm up to shoulder height showing L index finger and L middle finger (3), Cross arms over each other rocking R to R side (4) Bring both arms out to sides again recovering to L (5)	12:00
6 – 7	Step R back throwing R arm forward (6), Step L back throwing L arm forward (7)	12:00
8&1	Step R back touching L shoulder with R hand and touching R shoulder with L hand (8), Step L next to R changing hand positions (&), Step R forward pushing arms down (1)	12:00
<b>10 – 16</b>	<b>Step ½ Turn R, Kick Out Out, Snake Roll L, R Heel Pop, Close, Side Rock, Hitch</b>	
2 – 3	Step L forward (2), Turn ½ R stepping on R (3)	6:00
4&5	Kick L forward & cross punch arms in front of body (4) Step L out L side & pull arms back (&), Step R out R side & push arms down the sides of your body (5)	6:00
6&7	Body roll to L side (weight on L) pushing R arm forward at the same time (6), Pop R heel out to R side (&), Recover heel to neutral (7)	6:00
&8&	Step R next to L (&), Rock L to L side (8), Recover on R hitching L knee (&)	6:00
	<i>See next page for for the next counts</i>	
<b>17 - 24</b>	<b>Modified Syncopated Jazz Box 2x, Chug ½ Turn L</b>	

1 – 2&	Cross L over R (1), Step R back (2), Step L diagonal L back (&)	6:00
3 – 4&5	Cross R over L (3), Step L back (4), Step R diagonal R back (&), Step L forward (5)	6:00
6 – 8	Turn $\frac{1}{8}$ L pressing R to R side (6), Turn $\frac{1}{8}$ L pressing R to R side (7), Turn $\frac{1}{4}$ L pressing R to R side (8)	12:00
<b>25 – 32</b>	<b>Step R fwd, Close, Walk R L, R out with 2-2 fingers, Hold, Heel Bounces 2x With R Fist Down</b>	
1 – 2	Step R forward rolling arms down/forward/Up (1), Step L next to R bringing arms down in front of body (2)	12:00
3 – 4	Walk R forward (3), Walk L forward (4) <b>Optional Styling: During walks split knee out-in 4 times</b>	12:00
5 – 6	Step R out to R side bringing R arm up showing R index and middle finger up (5), Hold (6)	12:00
&7&8	Heels up (&), Bounce heels down (7), Heels up (&), Bounce heels down (8) Clenching your R hand into a fist bringing R hand down the R side of body (&7&8)	12:00
<b>Counts</b>	<b>Footwork Part C 32 Counts</b>	
<b>1 – 8</b>	<b>Cross Side 2x, Heel Twist R, Heel Twist L &amp; <math>\frac{1}{4}</math> Turn R, Betty Boop</b>	
1 – 4	Cross R over L (1), Step L to L side (2), Cross R over L (3), Step L to L side (4) <b>Optional Styling: Moonwalk Glide (1-4)</b>	12:00
5 – 6	Twist heels to R side (5), Turn $\frac{1}{4}$ R twisting heels to L side (6)	3:00
7 – 8	Bend in knees pushing your bum backwards (7) straighten your knees ending with weight on L (8) Arms like throwing dollar bills from your hand (7 – 8)	3:00
<b>9 – 16</b>	<b>Step Fwd, Full Turn R, Walk L, Step R Fwd, Rolling Hands, Spiral <math>\frac{3}{4}</math> Turn L, Step On L</b>	
1 – 4	Step R forward (1), Turn $\frac{1}{2}$ R stepping L back (2), Turn $\frac{1}{2}$ R stepping R forward (3), Walk L forward (4)	3:00
5 – 6	Step R forward starting to roll arms from down and up above shoulder height (5), Finish previous arms (6)	3:00
7 – 8	Spiral $\frac{3}{4}$ turn on R pushing arms downs the side of body (7), change weight to L (8)	6:00
<b>17 – 24</b>	<b>Rock Step, Fwd R with Slide, Touch, Repeat all with L</b>	
1 – 2	Rock R diagonal R forward & bring L arm up and pull it back (1), Recover on L & push L arm forward (2)	7:30
3 – 4	Step R diagonal R forward & pull L arm back (3), Touch L next to R & drop L arm down (4)	7:30
5 – 6	Rock L diagonal L forward & Bring R arm up and pull it back (5), Recover on R & push R arm forward (6)	4:30
7 – 8	Step L diagonal L forward & pull R arm back (7), Touch R next to L & drop R arm down (8)	6:00
<b>25 – 32</b>	<b>Diagonal Slides R L, Step <math>\frac{1}{2}</math> Turn L, Full Turn L</b>	
1 – 2	Big step R diagonal R forward & throw L arm forward (1), Collect L to R & touch L next to R & drop L arm down (2)	6:00
3 – 4	Big step L diagonal L forward & throw R arm forward (3), Collect R to L & touch R next to L & drop R arm down (4)	6:00
5 – 6	Step R forward (5), Turn $\frac{1}{2}$ L stepping on L (6)	12:00
7 – 8	Turn $\frac{1}{2}$ L stepping back on R (7), Turn $\frac{1}{2}$ L stepping L forward (8)	12:00
<b>Counts</b>	<b>Footwork Tag 16 Counts</b>	
<b>1 – 8</b>	<b>4 Camel Walks Turning <math>\frac{1}{2}</math> L, 8 Run Steps Turning <math>\frac{1}{2}</math> L</b>	
1 – 4	Turn $\frac{1}{8}$ L stepping R forward & popping L knee (1), Turn $\frac{1}{8}$ L stepping L forward & popping knee (2), Turn $\frac{1}{8}$ L stepping R forward & popping L knee (3), Turn $\frac{1}{8}$ L stepping L forward & popping R knee (4)	6:00
5&6&	Turn $\frac{1}{8}$ L running small step R forward (5), Turn $\frac{1}{8}$ L running small step L forward (&), Turn $\frac{1}{8}$ L running small step R forward (6), Turn $\frac{1}{8}$ L running small step L forward (&)	3:00
7&8&	Turn $\frac{1}{8}$ L running small step R forward (7), Turn $\frac{1}{8}$ L running small step L forward (&), Turn $\frac{1}{8}$ L running small step R forward (8), Turn $\frac{1}{8}$ L running small step L forward (&)	12:00
<b>9 – 16</b>	<b>Walk RLRL with Shake/Shimmies, Out, Y Arms, Point Fingers, Arms Down, Body Roll</b>	
1 – 4	Walk R (1), Walk L (2), Walk R(3), Walk L (4)	12:00
Styling	Shaking or shimmying your body	
5 – 6	Step R out to R side & bring both arms up in a Y- position (5), Point both fingers forward (6)	12:00
7 – 8	Slide hands down your body rolling your body from head and down ( 7 – 8)	12:00