



I Feel Phenomenal

Choreographers: Tim Johnson, Fiona Murray & Roy Hadisubroto

~Official GOLD competition dance 2024 - 2025~

Type of dance: 64 Count (Part A = 32, Part B = 32, Tag = 16) , 2 Walls, Funky - Line Dance

Level: Advanced

Music: "Phenomenal" by Leftrightcenter

Intro: 16 counts from first beat in music (app. 7 seconds into track)

Sequence: A Tag B A Tag B ABB

| Counts | Footwork Part A 32 Counts | End facing |
|----------------|---|-------------------|
| 1 – 8 | Walk R L, 1/8 Turn L, Step R, Close, Knee Pop, Cross, 3/8 Turn R, Step Back, 1/4 Turn R Hitch, Step R, Drag, Clap 2x | |
| 1 – 2 | Step R forward (1), Step L forward (2) | 12:00 |
| &3&4 | Turn 1/8 L stepping R to R side (&), Step L next to R (3), Lift heels pushing knees forward (&), Heels down, weight on L (4) | 10:30 |
| 5 – 6 | Cross R over L (5), Turn 3/8 R stepping L back (6) | 3:00 |
| &á7&8 | Turn 1/4 R hitching R knee (&), Step R big step to R side (á), Drag L towards R (7), Clap hands by bringing R hand down, L hand up (&), Clap hands by bringing L hand down, R hand up (8) | 6:00 |
| 9 – 16 | Cross Point, Point Switches, Body Roll, Ball Side, Heel Swivel | |
| 1 – 2 | Point L over R (1), Point L to L side (2) | 6:00 |
| &3&4 | Step L next to R (&), Point R to R side (3), Step R next to L (&), Point L to L side (4) | 6:00 |
| 5 – 6 | Angling body to 7.30, start body roll from head (5), Finish body roll taking weight on L (6) | 6:00 |
| &7&8 | Body angled to 7.30, Step R next to L (&), Step L to L side (7), Swivel R heel out (&), Swivel R heel in (8) | 6:00 |
| 17 – 24 | 1/8 Turn R, Dorothy Steps, Rock Step, Step Fwd, Step 1/2 Pivot Turn | |
| 1 – 2& | Turn 1/8 R stepping R diagonally forward (1), Lock L behind R (2), Step R slightly diagonally forward (&) | 7:30 |
| 3 – 4& | Step L diagonally forward (3), Lock R behind L (4), Step L slightly diagonally forward (&) | 7:30 |
| 5 – 6 | Rock R forward (5), Recover on L pushing hips back (6) | 7:30 |
| 7&8 | Step R forward (7), Step L forward (&), Turn 1/2 R stepping on R (8) | 1:30 |
| 25 – 32 | Extended Locksteps, Sweep, Cross, Hold, Hip bumps | |
| 1&2& | Step L forward (1), Lock R behind L (&), Step L forward (2), Lock R behind L (&) | 1:30 |
| 3&4 | Step L forward (3), Lock R behind L (&), Step L forward sweeping R from back to front (4) | 1:30 |
| 5 – 6 | Turn 1/8 L crossing R over L (5), Step L to L side (6) | 12:00 |
| 7&8 | Hold (7), Bump hips R (&), Bump hips L (weight ends on L) (8) | 12:00 |
| Counts | Footwork Part B 32 Counts | End facing |
| | <i>*Happens facing 6 o'clock after tag & happens facing 12 o'clock after last Part A is danced</i> | |
| 1 – 8 | Walk R L, Kick Ball Step, Sit Ball Step, Sit Ball Step | |
| 1 – 2 | Step R forward (1), Step L forward (2) | 12:00 |
| 3&4 | Kick R forward (3), Step R next to L (&), Step L forward (4) | 12:00 |
| 5&6 | Bend both knees to a seated position taking weight on R pushing hips back (5), Straighten knees taking weight on L, stepping R next to L (&), Step L forward (6) | 12:00 |
| 7&8 | Bend both knees to a seated position taking weight on R pushing hips back (7), Straighten knees taking weight on L, stepping R next to L (&), Step L forward (8) | 12:00 |
| 9 – 16 | Step Fwd, 1/4 Turn L, Weave, Hitch Slide, Touch, Bring Up & Lock | |
| 1 – 2 | Step R forward (1), Turn 1/4 L stepping on L (2) | 3:00 |
| 3&4 | Cross R over L (3), Step L to L side (&), Cross R behind L (4) | 3:00 |
| &5 – 6 | Hitch L (&), Make a big step L on L dragging R towards L (5), Touch R next to L (6) | 3:00 |
| 7&á8 | Bring both arms up 90 degree angle, elbows out, inside fist facing head (7), Drop fists below elbows staying 90 degree angle (&), Move fists towards body finishing in front of hips (á), Drop upper body down popping R knee, fists rotate to face floor, elbows out (8) | 3:00 |
| 17 - 32 | REPEAT COUNTS 1 – 16 of Part B | |

| Counts | Footwork Tag 16 Counts | End facing |
|---------------|---|------------|
| 1 – 8 | Out, Out, In, In, Head, ¼ Turn Isolated Swivels, Step Back, Step R, Bodyroll | |
| 1&2& | Step on R heel in R diagonal (1), Step on L heel in L diagonal (&), Step R back in centre (2), Step L next R (&) | 12:00 |
| 3 – 4 | Step R forward (3), Look L, head faces 9.00 while body faces 12.00 (4) | 12:00 |
| 5&6& | Swivel L heel R (5), Swivel R heel R turning ¼ L (&), Step L back (6), Step R to R side (&) | 9:00 |
| 7 – 8 | Start body roll from head downwards (7), Finish body roll as if you sat on a bar stool (8) | 9:00 |
| 9 – 16 | Hands Up, Hands Down, Twist, ¼ Turn L, Rock Step, Slowmotion Walk, Run R L | |
| 1 – 2 | Bring both arms up 90 degree angle, handpalms facing forward (1), Keeping elbows in position, drop forearms forward, handpalms facing floor (2) | 9:00 |
| 3 – 4 | Isolating upper/lower body, arms in same positions upper body makes a ¼ turn L (3), Lower body makes a ¼ turn L (4) | 6:00 |
| &5 – 7 | Rock R back (&), Step L forward while slowly bringing R through (as if walking in slow motion) (5-7) | 6:00 |
| 8& | Step R forward (8), Step L forward (&) | 6:00 |