

2 + 2

Choreographer: Fred Whitehouse

fwhitehouse1984@gmail.com

September 2021



Type of dance: Advanced, 2 wall ABC dance. A: 32 counts. B: 32 counts, C: 32 counts. Tag: 16 counts.
 Music: **I feel good** by Pitbull Ft. Anthony Watts & DJWS. Track length: 3.06 mins. Buy on iTunes
 Intro: 32 counts from start of track (app. 15 secs into track). *Start with weight on L foot*
 Sequence: ABCC, TAG, ABCC, TAG, A, Ending

A Part: 32 counts/1 wall (the A part always starts facing 12:00)

Counts	Footwork	End facing
1 – 8	Hitch & kick & side rock, kick & side stomp, swivels, R sailor step	
&1&2&	Hitch R knee (&), kick R fwd (1), cross R over L (&), rock L to L side (2), recover on R (&)	12:00
3&4	Kick L fwd (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 heel to L side (6)	12:00
7&8	Cross R behind L (7), step L to L side (&), step R to R side and slightly fwd (8)	12:00
9 – 16	L rock fwd, pony step with ½ R,	
1 – 2	Rock L fwd rolling body fwd (1), recover on R hitching L knee (2)	12:00
&3&4	Step L backwards (&), hitch R knee (3), step L backwards (&), turn ½ R stepping R fwd (4)	6:00
5&6	Swivel R toe to L side (5), swivel R heel to L side (&), swivel R toe to L side (6)	6:00
7 – 8	Turn ½ L walking R fwd (7), walk L fwd (8)	12:00
17 – 24	Cross heel rock, side heel rock, repeat, R sailor ½ R, walk L R	
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&	Repeat counts 1&2&	12:00
5&6	Cross R behind L (5), turn ¼ R stepping L next to R (&), turn ¼ R stepping fwd on R (6)	6:00
7 – 8	Walk L fwd (7), walk R fwd (8)	6:00
25 – 32	Repeat counts 17-24 but with L foot	
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&	Repeat counts 1&2&	6:00
5&6	Cross L behind R (5), turn ¼ L stepping R next to L (&), turn ¼ L stepping fwd on L (6)	12:00
7 – 8	Walk R fwd (7), walk L fwd (8)	12:00

B Part: 32 counts/1 wall (the B part always starts facing 12:00)

1 – 9	Step R fwd, L out L, 2 + 2 fingers/arms, back RL with arm throws, R coaster with arms	
1 – 2	Step R fwd 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 foot (5)	12:00
6 – 7	Step back R throwing R arm fwd (6), step back L throwing L arm fwd (7)	12:00
8&1	Step back on R touching L shoulder with R hand and touching R shoulder with L hand (8), step L next to R changing hand positions (&), step R fwd pushing arms down (1)	12:00
10 – 17	Step ½ R, kick out out, snake roll L, R heel pop, together side rock hitch cross	
2 – 3	Step L fwd (1), turn ½ R onto R (2)	6:00
4&5	Kick L fwd (3), step L out to L side (&), step R out to R side (4) ... <i>Arm styling: cross punch arms in front of body (4), pull arms back (&), push arms down the sides of your body (5)</i>	6:00
6&7	Do a snake/body roll to L side (weight on L) pushing R arm fw at the same time (6), pop R heel out to R side (&), return heel to neutral (7)	6:00
&8&1	Step R next to L (&), rock L to L side (8), recover on R hitching L knee (&), cross L over R (1)	6:00
18 – 24	Back back cross, back back fwd, chug ½ L	
2&3	Step R back (2), step L back (&), cross R over L (3)	6:00
4&5	Step L back (4), step R back (&), step L fwd (5)	6:00
6–7–8	Turn 1/8 L pressing R to R side (6), turn 1/8 L pressing R to R side (7), turn 1/4 L pressing R to R side (8)	12:00

25 – 32	R fwd, together, walk RL with double knee knocks, R out with 2-2 fingers, Hold, heel bounces with R fist down	
1 – 2	Step R fwd rolling arms down/fwd/up (1), step L next to R bringing arms down in front of body (2)	12:00
3 – 4	Walk R fwd (3), walk L fwd (4) ... <i>Styling: during walks split knees out-in 4 times!</i>	12:00
5 – 6	Step R out to R side bringing R up showing R index and middle finger up (5), HOLD (6)	12:00
&7&8	Bounce heels clenching your R hand into a fist bringing R hand down the R side of body (8)	12:00

C Part: 32 counts/1 wall (the C part always starts facing 12:00)

1 – 8	Cross side, cross side, heel twist R, heel twist L ¼ R, dip down, up	
1 – 4	Cross R over L (1), step L to L side (2), cross R over L (3), step L to L side (4) ... <i>Styling: moonwalk glide</i>	12:00
5 – 6	Twist heels to R side (5), twist heels to L side turning ¼ R (6)	3:00
7 – 8	Bend in knees pushing your bum backwards (7), straighten your knees ending with weight on R (8) ... <i>Styling: 1st C - throw dollars bills, 2nd C, bring R hand up and 'look in the mirror'</i>	3:00
9 – 16	Fwd R, Full turn R, walk L, R fwd rolling hands, spiral ¾ L, down on L	
1 – 4	Step down R (1), turn ½ R stepping L back (2), turn ½ R stepping R fwd (3), walk L fwd (4)	3:00
5 – 6	Step R fwd starting to roll arms from down and up above shoulder height (5), finish arms (6)	3:00
7 – 8	Spiral a ¾ turn on R pushing arms down the side of body (7), change weight to L (8)	6:00
17 – 24	Rock R fwd, recover, fwd R with slide, touch together, Repeat with L	
1 – 2	Rock R towards R diagonal (1), recover on L (2) ... <i>Arm styling: bring L arm up and pull it back (1), push L arm fwd (2)</i>	7:30
3 – 4	Step R fwd to R diagonal (3), touch L next to R (4) ... <i>Arm styling: pull L arm back (3), drop L arm down (4)</i>	7:30
5 – 6	Rock L towards L diagonal (5), recover on R (6) ... <i>Arm styling: bring R arm up and pull it back (1), push R arm fwd (2)</i>	4:30
7 – 8	Step L fwd to L diagonal (7), touch R next to L squaring up to 6:00 again (8) ... <i>Arm styling: pull R arm back (3), drop R arm down (4)</i>	6:00
25 – 32	Step slide to R and L diagonals, step ½ L, full turn L	
1 – 2	Step R fwd towards R diagonal (1), slide and touch L next to R (2) ... <i>Arm styling: throw L arm fwd and down (1-2)</i>	6:00
3 – 4	Step L fwd towards L diagonal (3), slide and touch R next to L (4) ... <i>Arm styling: throw L arm fwd and down (3-4)</i>	6:00
5 – 6	Step R fwd (5), turn ½ L stepping down on L (6)	12:00
7 – 8	Turn ½ L stepping back on R (7), turn ½ L stepping fwd on L and slightly in front of R (8)	12:00

Tag: 16 counts/1 wall (the Tag always comes after the 2nd C, facing 12:00)

1 – 8	4 camel walks turning ½ L, 8 run steps turning ½ L	
1 – 4	Turn 1/8 L stepping R fwd and popping L knee (1), repeat 3 times (2-3-4)	6:00
5&6&	Run small step fwd on R turning 1/8 L (5), run fwd and turn 1/8 L 3 times on LRL (&6&)	3:00
7&8&	Run small step fwd on R turning 1/8 L (7), run fwd and turn 1/8 L 3 times on LRL (&8&)	12:00
9 – 16	Walk RLRL with shakes/shimmies, out R/what?, point fingers fwd, arms down w. roll	
1 – 4	Walk RLRL fwd shaking or shimmying your body (1-4)	12:00
5 – 6	Step R out to R side bring both arms up in a Y-position – <i>lyrics: I don't know'...</i> (5), point both fingers fwd – <i>Lyrics: 'about you' ...</i> (6)	12:00
7 – 8	Slide hands down your body rolling your body from head and down – <i>Lyrics: 'I feel good' (7-8)</i>	12:00

Ending: STRIKE A POSE! Finish your 3rd A and step R to R side doing counts 15-16 of the tag ('I feel good') 😊