

Music for Real Good Feel Good - By Mel McDaniel

2:20 min 140 sec

266

Intro	16 Beats 2 Phrases		16
	4 sets of Polka or Shuffle steps 1&2 3&4	polka steps to position	7sec
1st Verse	Wake Up in the Morning - 4 sets of 8 / 32 beats		32
Standing Patterns	Stretch Jazzbox Arm twist Fists	Roll-In & Out Sweetheart Set & 3 windmills with turn to close	24 sec
1st Chorus	4 sets of 8 plus bastard 4 - 36 beats		36
Polka Pattern	Polka Gallops	Polka Turns & Double Turn Hand to hand steps and both turn x 2	He Goes / She Goes 42 sec
2nd Verse - Friend of Mine	4 sets of 8 - 32 beats	Mens arms Palms up	32
Standing Patterns	Line Dance	Running Steps & Phone Hip Bumps & Circle & Hang up Phone	60sec
2nd Chorus	4 sets of 8 / 32 beats		32
Polka Pattern	Polka Gallops	Polka Turns & Double Turn Hand to hand steps and both turn x2	He Goes / She Goes 116sec
3rd Verse & Bridge - Music Charms the Savage beast	4 sets of 8 plus Bastard 4 - 36		36
Standing Patterns	Pony from cross arms in front - around the world - hit every 4count	128sec	Standing Hits Pattern with roll 136sec
3 Chorus	4 sets of 8 / 32 beats		32
Polka Pattern	Polka Gallops	Polka Turns & Double Turn Hand to hand steps and both turn x2	After 2 Paddy cakes repeat 152 sec
4 Chorus	4 sets of 8 / 32 beats		32
Polka Pattern	Polka Gallops	Polka Turns & Double Turn Hand to hand steps and both turn x2	He Goes / She Goes 208sec
Ending	2 sets of 8 plus bastard 2	Lead arm goes arm on hit, couple face forward on twist	18
	Breaks Round Robin Rollins	Hit Twist Dance position club logo	220 sec

Couple A Rolls in, Couple B Rolls in, Couple C Rolls in Continuous marching steps 1,2 - Round Robin Movement