

Choreo Notes
Feeling Good by Nina Simone

1 :00	Birds flying high you	<p style="text-align: center;">EA EM AL AV KV LTa MF MMc KG LTa AR VV HW JS SC MM JF AS KU YU YC BP AM DS</p> <p>Row 1, arms are down in demi second, lift from the backs of the hands, and open palms to ceiling on feel.</p>
2 :06	Sun in the sky you	Row 2, arms begin where first row freezes. Bend elbows so that forearms rest gently on head and then open to second position.
3 :12	Breeze drifting you know how	Row 3, start with arms out in second, Reach L with L hand around head out through the R hand, then arms come down to demi second.
4 :20	It's a new dawn It's a new day It's a new life for me	<p>First Row right arm up with jazz hand on dawn.</p> <p>Second Row right arm up with jazz hand on day.</p> <p>Third Row right arm up with jazz hand on life.</p> <p>Curl the hand in and bring the hand into the chest.</p>
5 :27	It's a new dawn It's a new day It's a new life for me	<p>Third row steps forward with R foot, and then walks to front row on new.</p> <p>Second row continues on new.</p> <p>Third row turns around on new.</p> <p>Heads were down then life on me.</p> <p style="text-align: center;">EA KG JF EM LTa AS AL AR KU AV VV YU KV HW YC LTo JS BP MF SC AM MMc MM DS</p>
6 :33	Ooooooooooh woo	Every other person with do an ice skater turn in coupe. People in the first row will have their arms down, people in the back with arms up. Step on the R foot and drag the L foot to coupe.
7 :37	And I'm feeling	Step back to your line.
8 :39	Music	<p>1 New first row. Touch R foot out and bend in supporting L leg (knee turned out) with</p> <p>Rows 2-4 start to walk backwards with L foot first</p> <p>&3 Step touch 2nd row</p> <p>&5 Step touch 3rd row</p> <p>&7 Step touch 4th row</p>
M 9 :45	Fish in the sea, you know how I feel	<p>& R arm up to R diagonal</p> <p>1 L follows</p> <p>2 Head looks to the L sharp</p> <p>3-4 Ron de jambe with the R foot to the finishes in back with hips facing the R and arms come down to side with chest pressing forward, arms slightly behind</p> <p>5 Pull back on R foot and lift L leg to degage in the front with arms at a diagonal</p> <p>6 Release and step forward with the L leg on demipointe</p> <p>& R step</p> <p>7 L step and hold head with elbows in</p> <p>8 Look up</p>
10 :51	River running free, you know how I feel	<p>& pulse</p> <p>1 pulse down with body weight down to flat foot and release arms by body</p> <p>2 Roll L should back as you lift and face the L corner and walk forward with L foot</p> <p>3 Repeat with R side</p> <p>4 First arabesque with R leg behind and arms drift to first position</p> <p>5 Lift leg slightly higher</p> <p>6 Come down to coupe with arms in first</p> <p>7 Leg lifts to arabesque a terre</p> <p>8 Come back to coupe</p>

11 :57	Blossom in the sky, you know how I feel	& Step forward to face audience R foot 1 L foot 2 Eschappe out with parallel first feet 3-4 Arms come out from the thighs over head and reach high to sky 5 Sink down like a swing but just down to over legs with arms close to chest 6 hold 7 step back with R foot to the back 8 prep pique turns with L foot out and R foot in plie
12 1:04	It's a new dawn It's a new day It's a new life for me	&1-2 First row starts pique turns: plie on & R foot comes up to ballet passe on odd number and down on even. &3-4 Second row continues with first pique turns: plie on & R foot comes up to ballet passe on odd number and down on even. &5-6 Third row continues with rows 1-2 pique turns: plie on & R foot comes up to ballet passe on odd number and down on even. &7-8 Fourth row continues with rows 1-3 pique turns: plie on & R foot comes up to ballet passe on odd number and down on even.
13 1:11	Instrumental/ Formation change or just move back?	& Hold heart with R hand 1 Then L 2-8 Walk to new formation of 3 groups <div style="display: flex; justify-content: space-between;"> <div> JF EM AL AR EA KG LTa AS </div> <div> MF SC MM DS JS BP AM MMc VV YU YC LTo KU AV KV HW </div> </div>
Tue 14 1:20	Dragonfly out in the sun, you know what I mean don't you know	&1 tombe with R foot &2 pas de bouree &3 glissade &4 assemble 5 sisone 6-8 Pas de bouree turn (come down to floor with R foot and L knee bent)
15 1:27	Butterflies all having fun, you know what I mean	&1-8 Alternative chasses to the L across the stage. (come down to floor with R foot and L knee bent) Try waltz step again.
16 1:33	Sleep in peace when day is done, that's what I mean	1-4 2 step drags with R arm framing face as it comes down 5-6 Chaine turn 7-8 Falling turn to the floor (come down to floor with R foot and L knee bent) Should end here <div style="display: flex; justify-content: space-between;"> <div> VV YU YC LTo KU AV KV HW </div> <div> JF EM AL AR EA KG LTa AS MF SC MM DS JS BP AM MMc </div> </div>
17 1:39	And this old world is a new world and a bold world	1 Group 1 Roll over to sit on R hip 3 Group 2 Roll over to sit on R hip 5 Group 3 Roll over to sit on R hip
18 1:46	For me.	1-4 R hand on floor and push up off of the ground with L arm reaching to the sky 5 Come down and roll up to face the back by 8
Wed 19	Stars when you shine, you know	& R hand comes above head with slightly bent elbow and fingers are wide. 1 L follows

1:52	how I feel	2 bend elbows sharply 3-4 arms open wide 5 Rock back on the L and prep for ice skater turn to the R 7-8 ice skater turn on R leg with L leg extended
20 1:59	Scent of the pine, you know how I feel	1-4 Bring L leg up through passe slowly 5-6 Lean like a tree to the R and drop the R arm 7 Come down and 8 ball change on R leg to side with hips facing L corner
21 2:06	Freedom is mine, and I know how I feel	1 Around the world kick with R leg with L arm up 3 Reach to the audience with L foot in coupe both hands reaching in front and head is down. 5-8 Drag the floor with both hands to the R
22 2:12	It's a new dawn, it's a new day, It's a new life,	1st group*, hands up 2nd group**, hands up 3rd group***, hands up 4th and 5th group****, hands up Walk to new formation. <div style="text-align: center;"> KV***** ****LTa EM*** AM**** *JF **AL ***VV EA*** KG** MM* *LTo **MMc AV*** JS** SC* *YU **YC DS** BP* *MF *KU* AR* *AS HW* </div>
21 2:19- 2:40	for me Do do do... Momitty mom ...	Hit your pose or starting position on “for me” Group 1 Runs to the audience with low high runs, grabs head, and falls to floor. Group 2 Turn or drag with leg out and “loose turns” Group 3 Balances or chasses? Group 4 Chaines to “calypso” Group 5 Fouettes?
	Feeling good...	
22 2:41		Go off stage in alternating directions.
23 2:46		Go off stage in alternating directions.