



The British Association of Teachers of Dancing

Pavilion 8, Upper Level, Watermark Business Park, 351 Govan Road, Glasgow, G51 2SE
Telephone: 0141 427 3699

FGF aka. FEEL GOOD FACTOR DANCE STEPS INSTRUCTION SHEET

32 counts, 2 walls, Intermediate level

Choreographed to: Take My Breath Away by Berlin on Top Gun soundtrack

Also try: Top Gun Anthem by Harold Faltermeyer & Steve Stevens on Top Gun soundtrack [has a little bit of an Irish flavour]; Mustang Sally by The Commitments on Toe the Line 4; Memphis Women & Chicken by T Graham Brown on Wine into Water

The rhythm and timing make this dance. Go with the flow of each track putting feeling and style into the dance, enjoy the music and get the feel good factor.

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|-------------------|--|
| Section 1: | Step Pattern, Ball Change, Step Half Turn Pivot, Step |
| 1, 2 | Step L across front of R, replace weight onto R |
| 3, 4 | Step L to L, step R across front of L making 1/4 turn |
| &5 | Ball change L R |
| 6, 7 | Step forward L, pivot half turn to R |
| 8 | Step forward L |
|
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| Section 2: | Ball Changes, Pivot Half Turn, Kick and Syncopated Jazz Box |
| &9 | Ball change R L |
| 10, 11 | Step forward R, pivot half turn to L |
| 12 | Step forward R |
| &13 | Ball change L R |
| 14 | Low kick L to L diagonal |
| 15&16& | Syncopated jazz box LRLR [cross L, step back R, step L to L, step forward R] |
|
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| Section 3: | Step Behind, Walking Turn to R, Ball Change, Touch n' Hold, Step |
| 17 | Step L behind R turning 1/4 R |

Remember you will find other great dances like this one at
WWW.BATD.CO.UK



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18-20 Walking turn [rolling grapevine, one full turn] to R stepping R L R

&21 Ball change L R [counts 20&21 similar to side chasse]

22, 23 Touch L across front of R, hold

24 Step L to L

Section 4: Ball Change, Touch n' Hold, Step, 2 x 1/4 Turn, Syncopated Weave

&25 Ball change R L [counts 24&25 similar to side chasse]

26, 27 Touch R across front of L, hold

28 Small step R to R

29,30 Step forward L making 1/4 turn R, transfer weight to L making 1/4 turn R

31&31& Syncopated weave travelling R stepping L R L R [front, side, behind, side]

Begin dance again and enjoy.

A Line Dance Choreographed by Sho Botham.

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