

Good to be Alive

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: K. Sholes (USA) - September 2016

Musik: Good To Be Alive - Meghan Trainor



Section 1: Sway, Hold X4 (Clapping hands overhead)

1-4 Sway R to side, Hold, Sway L to side, Hold,

5-8 Sway R to side, Hold, Sway L to side, Hold.

Section 2: Rocking chair, 1/4 turn, Flick, Step-lock-step

1-4 Rock R forward, Recover L, Rock R back, Recover L,

5 6 7&8 Step R forward, Turn 1/4 left & flick L back, Step R forward, Lock L behind R, Step R forward.

Section 3: Toe strutt X2, Jazz box

1-4 Step L toe forward, Step on L, Step R toe forward, Step on R,

5-8 Cross L over R, Step R back, Step L to side, Cross R over L.

Section 4: Rock, Recover X2 Step, Toe tap, Heel tap, Flick

1-4 Rock L to side, Recover R, Cross rock L over R, Recover R,

5-8 Step L to side, Tap R toe in, Tap R heel out, Flick L back.

Begin Again! Enjoy!
