

La Buena Vida! (aka Life)

COPPERKNOB
STEPSHEETS

Count: 32

Wand: 2

Ebene: Easy Intermediate

Choreograf/in: Forty Arroyo (USA) - October 2013

Musik: The Good Life - Robin Thicke



A Hayloft Floor Split Dedicated to My Senior Guys & Dolls

Inspired by the Intermediate line dance "The Good Life" by Rachael McEnaney

Count In: 16 counts from start of track, dance begins on vocals. Approx 104bpm.

[1-8] SWAY R-L, CHASSE' R, SWAY L-R CHASSE' L,

- 1-2 (1)Sway hips to right (2)Sway hips to left
3&4 (3)Step R to side (&)Step L next to R (4)Step R to side
5-6 (5)Sway hips to left (6)Sway hips to right
7&8 (7)Step L to side (&)Step R next to L (8)Step L to side

[9-16] R- ROCK FORWARD, SIDE, BEHIND - - L-ROCK FORWARD, SIDE, BEHIND

- 1&2& (1)Rock R forward (&)Recover WOL* (2)Rock R to side (&)Recover WOL
3&4 (3)Rock R behind L (&)Recover WOL (4)Step R to side
5&6& (5)Rock L forward (&)Recover WOR* (6)Rock L forward (&)Recover WOR
7&8 (7)Rock L behind R (&)Recover WOR (8)Step L to side

[17-24] ROCKING CHAIR, PADDLES, ROCKING CHAIR, PADDLES

- 1&2& (1)Rock R forward, (&)Recover WOL, (2)Rock R back, (&)Recover WOL
3& (3)Starting a ¼ left – Step R forward on ball of R (&)Pivot 1/8 turn L - WOL
4& (4)Completing ¼ left – Step R forward on ball of R (5)Pivot 1/8 turn L – WOL (9 O'clock)
Repeat step 1 – 4& of this section – end at 6 O'clock
5&6& (1)Rock R forward (&)Recover WOL (2)Rock R back (&)Recover WOL
7& (3)Starting a ¼ left – Step R forward on ball of R (&)Pivot 1/8 turn L - WOL
8& (4)Completing ¼ left – Step R forward on ball of R (5)Pivot 1/8 turn L – WOL (6 O'clock)

[25-32] CROSS/ROCK, RECOVER, BALL CROSS, RECOVER, REPEAT

- 1-2 (1) Cross/Rock R over L (2)Recover WOL
&3,4 (&) Step R next to L (3) Cross/Rock L over R (4) Recover WOR
&5,6 (&) Step L next to R, (5) Cross/Rock R over L (6) Recover WOL
7,8 (&) Step R next to L (7) Cross/Rock L over R (8) Recover WOR
& (&) Step L next to R

Start over

*WOL=weight on left, WOR= Weight on R

TAG: 4 counts - Tag: after the first rotation ONLY (6 O'clock)

- 1-4 Step R to side, Sway upper body L, R, L (start from the beginning)

Contact: forty.arroyo@gmail.com