

# La Buena Vida! (aka Life)

COPPERKNOB  
STEPSHEETS

Compte: 32

Mur: 2

Niveau: Easy Intermediate

Chorégraphe: Forty Arroyo (USA) - October 2013

Musique: 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)

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