# Brighter Life

**拍数:** 32          **墙数:** 1          **级数:** Beginner - Line / Contra

**编舞者:** Henry Costa (USA) - July 2016

**音乐:** My Girl - Alabama

Also: O-o-h Child by The Five Stairsteps (90 BPM) or any song you enjoy to the dance!

Choreographers Note: This dance was choreographed for Parkinson's patients so they can work on their movement and balance to enjoy in class, with family or friends, but anyone can enjoy it and give themselves a Brighter Life!

## FORWARD RIGHT, FORWARD LEFT, SIDE RIGHT, TOUCH, SIDE LEFT, TOUCH, HEEL FORWARD, TOGETHER

| | |
|---|---|
| 1-2 | Step forward Right, step forward Left |
| 3-4 | step side Right, touch Left toe next to Right |
| 5-6 | Step side Left, touch Right toe next to Left |
| 7-8 | Touch Right heel forward, step Right next to Left (Weight now on Right foot) |

## WALK HALF CIRCLE, LIFT LEFT KNEE, LIFT RIGHT KNEE

| | |
|---|---|
| 1-4 | Walk Left forward starting half circle (turning to your Right), step forward Right, step forward Left, Step forward Right (optional: When in contra line have dancers interlock arms crossing under bicep. The dancers are next to each other: Right shoulder to Right shoulder [Do-si-do]) |
| 5-6 | Lift Left knee up, step down Left next to Right, |
| 7-8 | Lift Right knee up, step down Right next to Left (weight now on Right foot) |

## FORWARD LEFT, HOLD, FORWARD RIGHT, HOLD, FORWARD LEFT, HOLD, FORWARD RIGHT, HOLD

| | |
|---|---|
| 1-2 | Step forward Left (sway both arms to Left/clap hands together while slightly turning upper body to Left), Hold |
| 3-4 | Step forward Right (sway both arms to Right/clap hands together while slightly turning upper body to Right), Hold |
| 5-6 | Step forward Left (bring both arms up/clap hands together), Hold |
| 7-8 | Step forward Right (bring both arms down/clap hands together), Hold (weight now on Right foot) |

## WALK HALF CIRCLE, POINT SIDE LEFT, LEFT NEXT TO RIGHT, POINT SIDE RIGHT. TOUCH RIGHT NEXT TO LEFT

| | |
|---|---|
| 1-4 | Walk Left forward starting half circle (turning to your right), step forward Right, step forward Left, Step forward Right |
| 5-6 | Point Left toe to the side, step Left next to Right |
| 7-8 | Point Right toe to the side, Touch Right toe next to Left (weight now on Left foot) |

## BEGIN AGAIN!