Life's Been Good



编舞者: Ria Vos (NL) - November 2019

音乐: Life's Been Good to Me - Adam Brand : (Album: Speed Of Life)



Intro: 16 Counts

Side, Together, Side Rock-Point, Side Rock-Cross, ¼ R, ¼ R, Cross

1-2	Step R to R Side.	Sten I Next to R
1-2	SIED IN 10 IN SIDE.	OTED F MEXT TO L

3&4 Rock R to R Side, Recover on L, Point R Across L5&6 Rock R to R Side, Recover on L, Cross R Over L

Side, Touch, Side, Touch, Side, Sailor 1/4 L, Crossing Samba, Cross

1&	Step R to R Side, Touch L Next to R
2&	Step L to L Side, Touch R Next to L,

3 Step R to R Side

4&5 Step L Behind R, ¼ Turn L Step R Next to L, Step Fwd on L (3:00)

6&7 Cross R Over L, Rock L to L Side, Recover on R

8 Cross L Over R ***Restart Point

Side, Back Rock, Side, Behind-Side-Cross, Side, Back Rock-Point

1	Step R to R	Side

2&3	Rock Back on L, Recover on R, Step L to L Side
4&5	Step R Behind L, Step L to L Side, Cross R Over L

6 Step L to L Side

7&8 Rock Back on R, Recover on L, Point R to R Side

Back Rock-Side, Behind-Side-Cross, Side Rock, Kick, Cross, Side Mambo

1&2	Rock Back on R , Recover on L, Step R to R Side
3&4	Step L Behind R, Step R to R Side, Cross L Over R
5&	Rock R to R Side, Recover on L
6&	Kick R Fwd, Cross R Over L

7&8 Rock L to L Side, Recover on R, Step L Next to R

Restart: On wall 3 After count 16 (9:00)

Option: On wall 2, 5 & 7 when he sings: 'Stop, take a minute and breathe' replace count 1-3 at section 2 with: 1-3 Step R to R Side, Hold for 2 counts, then continue with Sailor ½ Turn L

E-mail: dansenbijria@gmail.com