

# Livin' Well

拍数: 32                      墙数: 2                      级数: Intermediate  
编舞者: Steve Rutter (UK)  
音乐: Living and Living Well - George Strait



## **SIDE ROCK, RIGHT SAILOR STEP, CROSS, SIDE STEP, LEFT SAILOR STEP**

1-2                      Rock right to right side, recover weight on left  
3&4                      Cross right behind left, step left to left side, replace weight onto right  
5-6                      Cross left over right, step right to right side  
7&8                      Cross left behind right, step right to right side, replace weight onto left

## **CROSS, UNWIND ½ TURN LEFT, RIGHT SHUFFLE, LEFT MAMBO ROCK, RIGHT SHUFFLE**

9-10                      Cross right over left, unwind ½ turn left (keeping weight on left)  
11&12                      Step right forward, close left beside right, step right forward  
13&14                      Rock forward on left, recover weight back onto right, close left beside right  
15&16                      Step right forward, close left beside right, step right forward

## **STEP LEFT FORWARD, HITCH RIGHT, RIGHT MAMBO ROCK, SIDE STEP, CLOSE, STEP FORWARD TOUCH RIGHT**

17-18                      Step left forward, hitch right knee  
19&20                      Rock back on right, recover weight forward onto left, close right beside left  
21-22                      Step left to left side, close right beside left  
23-24                      Step left forward, touch right toe to right side

## **TOUCH FORWARD, TOUCH TO SIDE, RIGHT SAILOR STEP, CROSS LEFT, SIDE STEP, SLIDE, CLOSE**

25-26                      Touch right toe forward, touch right toe to right side  
27&28                      Cross right behind left, step left to left side, replace weight onto right  
29-30                      Cross left over right, step right a big step to right side  
31-32                      Slide left up to close beside right

## **REPEAT**

### **TAG 1**

**At the end of wall 4, when dancing to "Living And Living Well" by George Strait**

1-2                      Rock right to right side, recover weight onto left  
3&4                      Kick right foot forward, step right beside left (taking weight), change weight onto left  
5-8                      Repeat steps 1-4

### **TAG 2**

**At the end of wall 9, when dancing to "Living And Living Well" by George Strait, add steps 1-4 of the first tag, i.e. one side rock and one kick ball-change instead of two**

## **ENDING**

**At the end of wall 12 there will only be 8 counts of music left, so if you want you can add the following ending**

1-2                      Rock right to right side, recover weight onto left  
3&4                      Cross right behind left, step left to left side, replace weight onto right  
5                          Cross left behind right  
6-7                      Unwind a full turn left (weight ending on left)  
8                          Stomp right to right side raising hands in the air (ta-dah!)