Living Good



拍數: 32

級數: Improver

編舞者: John Warnars (NL) - February 2015

牆數: 4

音樂: I Got Mexico - Craig Moritz & Curtis Grambo : (CD Single)

Intro: 16 counts (0:13 sec.)

Info: Restart at wall 4, after 16 counts.

L SIDE STEP, CROSS ROCK (back), RECOVER, R SIDE SHUFFLE, CROSS ROCK (back), RECOVER, L SIDE SHUFFLE with ¼ R;

- 1 LF step L to left side
- 2 RF□cross rock R behind L
- 3 LF recover back on L
- 4 RF□step R to R side
- & LF step L next to R
- 5 RF□step R to R side
- 6 LF Cross rock L behind R
- 7 RF□recover back on R
- 8 LF step L to L side
- & RF step R next to R
- 1 LF 1/4 turn R, L step backwards (3)

1/4 R SIDE ROCK, RECOVER, R CROSS SHUFFLE, L SIDE ROCK, RECOVER, L SAILOR STEP;

- 2 RF 1/4 turn R, rock R to R side (6)
- 3 LF recover back on L
- 4 RF□cross step R over L
- & LF Step L to L side
- 5 RF□cross step R over L
- 6 LF rock L to L side
- 7 RF□recover back on R
- 8 LF Cross step L behind R
- & RF step R to R side
- 1 LF step L to L side

(Restart - wall 4)

CROSS ROCK (back), RECOVER, R SIDE SHUFFLE with ¼ L, STEP (back), HOOK, R LOCK STEP (fwd);

- 2 RF□cross rock R behind L
- 3 LF□recover back on L
- 4 RF□step R to R side
- & LF Step L next R
- 5 RF \Box ¹/₄ turn L, R step backwards (3)
- 6 LF L step backwards
- 7 RF tap with R toes over L (hook)
- 8 RF□step R forwards
- & LF Cross step L behind R (lock)
- 1 RF□step R forwards

ROCK (fwd), RECOVER, L LOCKSTEP (back), ½ SHUFFLE TURN R, CROSS ROCK, RECOVER;

- 2 LF□rock L forwards
- 3 RF□recover back on R
- 4 LF L step backwards



&	RF⊡step R across L (lock)
5	LF□L step backwards
6	$RF\Box$ ¹ / ₄ turn R, R step to R side (6)
&	LF⊡step L next R
7	$RF\Box$ ¹ / ₄ turn R, step R forwards (9)
8	LF⊡cross rock L over R
&	RF□recover back on L

1 LF⊡start again.

Restart: At 4th wall, after 16 counts, (count 1 of block 2) and restart the dance.

Contact: www.linedancerjohn.nl - Email:johnwarnars@hotmail.com / johnwarnars@gmail.com