

# Ready for the Good Life

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - November 2014  
音樂: Ready for the Good Life - Paloma Faith : (iTunes)



## Starts on main vocals (16 counts)

### S1: 1/2, Step, Anchor Step, 1/2, 1/2, Out Out In Cross.

- 1-2      Make 1/2 turn Left stepping forward on Left, step forward on Right. (6:00)  
3&4      Step lock Left behind Right, rock forward on Right, step back on Left.  
5-6      Make 1/2 turn to Right stepping forward on Right, 1/2 turn to Right stepping Left next to Right.  
7&      Step Right out to Right side, step Left out to Left side.  
8&      Step Right to centre, cross step Left over Right. (6:00)

### S2: Point, Behind 1/4 Step, Rock Step, Back, Sailor 1/2.

- 1      Point Right to Right side.  
2&3      Cross step Right behind Left, make 1/4 turn to Left stepping forward on Left, step forward on Right. (3:00)  
4-5      Rock forward on Left, recover on Right.  
6      Step back on Left.  
7&8      Make 1/4 turn to Right cross stepping Right behind Left, step Left next to Right, 1/4 turn to Right stepping forward on Right. (9:00)

\*R\*

### S3: & 1/4 Cross, 1/4 Sweep, Cross Side Behind, Behind & Cross, Unwind 1/2, Back.

- &1      Step Left next to Right, make 1/4 turn to Right cross stepping Right over Left. (12:00)  
2      Make 1/4 turn to Left stepping forward on Left sweeping Right out & forward. (9:00)  
3&4      Cross step Right over Left, step Left to left side, cross step Right behind Left sweeping Left out & back.  
5&6      Cross step Left behind Right, step Right to Right side, cross step Left over Right.  
7      Unwind 1/2 turn to Right, □ (3:00)  
8      Step back on Right.

### S4: Coaster Step, Step 1/2 Pivot, Step Lock Step, Step Lock Step, Step.

- 1&2      Step back on Left, step Right next to Left, step forward on Left.  
3-4      Step forward on Right, pivot 1/2 turn to Left. (9:00)  
5&6      Step Right forward to Right diagonal, lock Left behind Right, step Right forward to Right diagonal.  
&7&      Step Left forward to Left diagonal, lock Right behind Left, step Left forward to Left diagonal.  
8      Step straight forward on Right.

## Restarts on Walls 4 & 9

Dance up to and including count 16 then Restart dance from the beginning :)