

# Good 2 Be Alive

COPPER KNOB  
STEPSHEETS

拍數: 104      牆數: 2      級數: Phrased Intermediate / Advanced  
編舞者: Brenna Stith (USA) - December 2015  
音樂: Good To Be Alive (Hallelujah) - Andy Grammer



Sequence: A B C A A- B C A B C C

#16 count intro

## Part A- 32 counts

### A1: WALK X2, ROCK RECOVER, CROSS, SIDE, BACK, CROSS, BACK, ¼ TURN

1 2            Walk fwd R, L (12:00)  
3 & 4        Rock R fwd, Recover onto L, Cross R over L (12:00)  
5 & 6        Step L to side, Step R back, Cross L over R (12:00)  
7 8            Step R back, Make a ¼ turn L stepping L to side (9:00)

### A2: & SIDE ROCK RECOVER X 2, & POINT, ¼ TURN, COASTER STEP

& 1 2        Step R beside L, Rock L to side, Recover onto R (9:00)  
& 3 4        Step L beside R, Rock R to side, Recover onto L (9:00)  
& 5 6        Step R beside L, Point L to side, Make a ¼ turn L pivoting on ball of R (6:00)  
7 & 8        Step back on L, Step R next to L, Step fwd on L (6:00)

### A3: BALL CHANGE, STEP, ROCK RECOVER, ¼ TURN, CROSS, SIDE, BEHIND, STEP, DRAG

& 1 2        Step R beside L, Step fwd L, Step fwd R (6:00)  
3 & 4        Rock fwd on L, Recover onto R, Make a ¼ turn L stepping L to side (3:00)  
5 & 6        Cross R over L, Step L to side, Step R behind L (3:00)  
7 8            Take a big step to the side with L, Drag R into L (3:00)

### A4: & CROSS, POINT, SAILOR STEP, SAILOR ¼ TURN, PIVOT ½ TURN

& 1 2        Step R beside L, Cross L over R, Point R to side (3:00)  
3 & 4        Step R behind L, Step L to side, Step fwd R (3:00)  
5 & 6        Step L behind R, Make a ¼ turn L stepping R to side, Step L fwd (12:00)  
7 8            Step fwd R, Make a ½ turn L placing weight onto L (6:00)

## Part B- 40 counts

### B1: STEP TOUCH X2, MAMBO STEP, BACK W/ SWEEP X2

1 2            Step fwd R, Touch L beside R (6:00)  
3 4            Step fwd L, Touch R beside L (6:00)  
5 & 6        Rock fwd on R, Recover back on L, Step R next to L (6:00)  
7 8            Step back on L as you sweep R back, Step back R as you sweep L back (6:00)

### B2: HITCH & HITCH, ¼ TURN, POINT, ¼ TURN, ½ TURN, BACK, ROCK RECOVER

1 & 2        Step L back as you hitch R knee, Step on R, Step L back as you hitch R knee (6:00)  
3 4            Make a ¼ turn R stepping back on R, Point L to side (9:00)  
5 6            Make a ¼ turn L stepping L fwd, Make ½ turn L stepping back on R (12:00)  
7 8 &        Step back on L, Rock back on R, Recover onto L (12:00)

### B3: STEP TOUCH X2, MAMBO STEP, BACK W/ SWEEP X2

1 2            Step fwd R, Touch L beside R (12:00)  
3 4            Step fwd L, Touch R beside L (12:00)  
5 & 6        Rock fwd on R, Recover back on L, Step R next to L (12:00)  
7 8            Step back on L as you sweep R back, Step back R as you sweep L back (12:00)

### B4: HITCH & HITCH, ¼ TURN, POINT, ¼ TURN, ½ TURN, BACK, ROCK RECOVER

- 1 & 2 Step L back as you hitch R knee, Step on R, Step L back as you hitch R knee (12:00)
- 3 4 Make a ¼ turn R stepping back on R, Point L to side (3:00)
- 5 6 Make a ¼ turn L stepping L fwd, Make ½ turn L stepping back on R (6:00)
- 7 8 & Step back on L, Rock back on R, Recover onto L (6:00)

**B5: CROSS POINT X2, MAMBO STEP, SHUFFLE ½ TURN**

- 1 2 Cross R over L, Point L to side (6:00)
- 3 4 Cross L over R, Point R to side (6:00)
- 5 & 6 Rock fwd on R, Recover back on L, Step R next to L (6:00)
- 7 & 8 Make a ½ turn L stepping fwd on L, Step R beside L, Step fwd L (12:00)

**Part C- 32 counts**

**C1: ROCK RECOVER W/ SWEEP, BEHIND, SIDE, CROSS, SHUFFLE ¼ TURN, CHASE ½ TURN**

- 1 2 Rock fwd on R, Recover onto L as you sweep R back (12:00)
- 3 & 4 Step R behind L, Step L to side, Cross R over L (12:00)
- 5 & 6 Make a ¼ turn L stepping fwd on L, Step R beside L, Step fwd L (9:00)
- 7 & 8 Step fwd R, Make a ½ turn L placing weight on L, Step fwd R (3:00)

**C2: ½ TURN WITH HIP BUMP X2, SIDE ROCK RECOVER, CROSS, ¼ TURN X2**

- 1 & 2 Make a ¼ turn R touching L beside R and pushing hip L, Make a ¼ turn R stepping back on L (9:00)
- 3 & 4 Make a ¼ turn R touching R beside L and pushing hip R, Make a ¼ turn L stepping fwd on R (3:00)
- 5 & 6 Rock L to side, Recover onto R, Cross L over R (3:00)
- 7 8 Make a ¼ turn L stepping back on R, Make a ¼ turn L stepping L to the side (9:00)

**C3: OUT OUT IN IN, KICK AND POINT, BODY ROLL ¼ TURN**

- 1 2 Step R out to diagonal, Step L out to diagonal (9:00) (Styling note: As you step push hands up to R diagonal & then L diagonal)
- 3 4 Step R in, Step L in (9:00) (Styling note: As you step push hands down to R diagonal & then L diagonal)
- 5 & 6 Kick R fwd, Step R beside L, Point L to side (9:00)
- 7 & 8 Make a ¼ turn L pivoting on the ball of R as you roll your body (6:00)

**C4: COASTER STEP, PIVOT ¼ TURN, CROSSING SHUFFLE, ¼ TURN, ½ TURN, STEP**

- 1 & 2 Step back on L, Step R next to L, Step fwd on L (6:00)
- 3 4 Step fwd R, Make a ¼ turn L placing weight onto L (3:00)
- 5 & 6 Step R across L, Step L to side, Step R across L (3:00)
- 7 & 8 Make a ¼ turn R stepping back on L, Make a ½ turn R stepping R fwd, Step fwd L (12:00)

**IMPORTANT NOTES:**

\*After the 2nd A, you will repeat the last 16 counts of part A. When finishing the 2nd A (the pivot ½ turn) you will go right into the ball change. This is the section labeled "A-" in the sequence.

\*Part A & C always start at the front wall. Part B always starts at the back wall.

---