

GTBA (Good To Be Alive)

COPPER KNOB
BY STEPHEN

拍數: 104 牆數: 1 級數: Phrased Intermediate
編舞者: John Huffman (USA) - January 2016
音樂: Good To Be Alive (Hallelujah) - Andy Grammer : (Album: Magazines or Novels)



Phrasing: A,B,C,A,A-,B,C,A,B,C,C

Intro: Dance starts after 16 counts, Weight on R

Part A (Uh-Huh) 32 counts

A1: Ball-Step, Pivot 1/2, Shuffle 1/2, Rock-back, Recover, Big Side, Drag

&1-2 &) Ballstep L next to R 1) Step R fwd 2) Pivot 1/2 L (weight to L)
3&4 3) Turn 1/4 L step R to side &) Step L to R 4) Turn 1/4 L step R back
5-6 5) Rock back on L 6) Recover to R
7-8 7) Big step to L 8) Drag R to L (12:00)

A2: Ball-Side, Kick, R Sailor Step, R Vine, Side-rock, Recover

&1-2 &) Ballstep R next to L 1) Step L to side 2) Kick R to R diagonal
3&4 3) Step R behind L &) Step L to side 4) Step R to R side
5&6 5) Step L behind R &) Step R to side 6) Step L across R
7-8 7) Rock R to side 8) Recover to L (12:00)

A3: Ball-Step, Pivot 1/2, Shuffle 1/2, Rock-back, Recover, Big Side, Drag

&1-2 &) Ballstep R next to L 1) Step L fwd 2) Pivot 1/2 R (weight to R)
3&4 3) Turn 1/4 R step L to side &) Step R to L 4) Turn 1/4 R step R back
5-6 5) Rock back on R 6) Recover to L
7-8 7) Big step to R 8) Drag L to R (12:00)

A4: Ball-Side, Kick, L Sailor Step, L Vine, Side-rock, Recover

&1-2 &) Ballstep L next to R 1) Step R to side 2) Kick L to L diagonal
3&4 3) Step L behind R &) Step R to side 4) Step L to L side
5&6 5) Step R behind L &) Step L to side 6) Step R across L
7-8 7) Rock L to side 8) Recover to R (12:00)

NOTE 1: During wall 2 you will repeat the last 16 cts of Part A, (A-)

parts A3 and A4. You will leave off the first "&" count of A3 (Ballstep R next to L) and step L fwd for count 1

Part B (Hallelujah) 40 counts

B1: Ball-Step, Hold, Ball-Step, Hold, Ball-Rocking Chair

&1-2 &) Ballstep L next to R 1) Step R fwd 2) Hold
&3-4 &) Ballstep L next to R 3) Step R fwd 4) Hold
&5-6 &) Ballstep L next to R 5) Rock R fwd 6) Recover to L
7-8 7) Rock R back 8) Recover to L (12:00)

B2: Walk x 4 (1/2 circle to L), R Sailor, Behind-Side-Heel

1-2-3-4 Making a half circle to the L, walk 1) R 2) L 3) R 4) L
5&6 5) Step R behind L &) Step L to side 6) Step R to side
7&8 7) Step L behind R &) Step R to side 8) Touch L heel fwd (6:00)

B3: Ball-Step, Hold, Ball-Step, Hold, Ball-Rocking Chair

&1-2 &) Ballstep L next to R 1) Step R fwd 2) Hold
&3-4 &) Ballstep L next to R 3) Step R fwd 4) Hold
&5-6 &) Ballstep L next to R 5) Rock R fwd 6) Recover to L
7-8 7) Rock R back 8) Recover to L (6:00)

B4: Walk x 4 (1/2 circle), R Sailor, Behind-Side-Heel

1-2-3-4 Making a half circle to the L, walk 1) R 2) L 3) R 4) L
5&6 5) Step R behind L &) Step L to side 6) Step R to side

7&8 7) Step L behind R &) Step R to side 8) Touch L heel fwd (12:00)

B5: Ball-Step, Pivot 1/2, Step, Pivot 1/2, Crossrock-Recover-Side, Crossrock-Recover-Side

&1-2 &) Ballstep L to R 1) Step R fwd 2) Pivot 1/2 L (weight to L)

3-4 3) Step R fwd 4) Pivot 1/2 L (weight to L)

5&6 5) Rock R across L &) Recover to L 6) Ballstep R to side

7&8 7) Rock L across R &) Recover to R 8) Ballstep L to side (12:00)

Part C (GTBA) 32 counts

C1: 1/4, 1/4, 1/4, Side, Crossing Shuffle-1/2-Crossing Shuffle

1-2 1) Turn 1/4 R step R to side 2) Turn 1/4 R step L to side

3-4 3) Turn 1/4 R step R to side 4) Step L to side (9:00)

5&6& 5) Step R across L &) Step L to side 6) Step R across L &) Pivot 1/2 L (weight stays on R) (3:00)

7&8 7) Step L across R &) Step R to side 8) Step L across R (3:00)

C2: Siderock, Recover, Cross, Unwind 1/2, Shuffle 1/2, Shuffle 1/2

1-2 1) Rock R to side 2) Recover to L

3-4 3) Step R across L 4) Unwind 1/2 to L (weight to L)

5&6 5) Turn 1/4 L step R to side &) Step L to R 6) Turn 1/4 L step R back

7&8 7) Turn 1/4 L step L to side &) Step R to L 8) Turn 1/4 L step L fwd (9:00)

C3: V Step, Back-Lock-Back, Back-Lock-Back

1-2 1) Step R to slight R diagonal 2) Step L to slight L diagonal

3-4 3) Step R back to slight L diagonal 4) Step L next to R

5&6 5) Step R back &) Lock L across R 6) Step R back

7&8 7) Step L back &) Lock R across L 8) Step L back (9:00)

C4: Back rock, Recover, Step, Hitch 1/4, Side Mambo, Touch-Together-Touch

1-2 1) Rock R back 2) Recover to L

3-4 3) Step R fwd 4) Hitch L while turning 1/4 R

5&6 5) Rock L to side &) Recover to R 6) Step L next to R

7&8 7) Touch R toe to side &) Step R next to L 8) Touch L toe to side (12:00)

NOTE 2: During wall 3 you will repeat all of Part C, to do this you will replace steps 7&8, the toe touches, with 7) Rock R to side 8) Recover to L then dance all of part C

Ending: After the second "C" of wall 3 do the Ball-Step for "& 1" of part A1 as if you were starting the dance over

NOTE 1: During wall 2 you will repeat the last 16 cts of Part A (A-) parts A3 and A4. You will leave out the first "&" count of part A3 (Ballstep R next to L) and Step L fwd for count 1

NOTE 2: During wall 3 you will repeat all of Part C, to do this you will replace steps 7&8, the toe touches, with 7) Rock R to side 8) Recover to L then dance all of part C

Contact: jthuffman62@yahoo.com
