

Life Is Good

拍數: 32 牆數: 2 級數: Improver
編舞者: Brandi Hughes (CAN) - October 2016
音樂: Life Is Good - Arlene Quinn : (iTunes, amazon)



Sec 1. Side Shuffle, Rock/Recover, Heel Jack, Vine

1&2 Step Right to right side (1), Step Left beside right (&), Step Right to Right side (2)
3-4 Step Left back (3), Recover weight forward on Right (4)
5&6 Cross Left over right (5), Step Right back (&), Tap Left heel forward on the left diagonal (6)
7-8 Step Left to left side (7), Cross Right behind left (8)

Sec 2. Step, Touch, Coaster Step, Shuffle Forward, Camel Walk

1-2 Step Left to left side (1), Touch Right beside left (2)
3&4 Step Right back (3), Step Left back beside right (&), Step Right forward (4)
5&6 Step Left forward (5), Step Right forward beside left (&), Step Left forward (6)
7-8 Slide Right forward popping right heel up (7), Slide Left forward popping left heel up (8)

Sec 3. ¼ Pivot, Forward Coaster, ¼ Turn, Touch, Back Coaster

1-2 Step Right forward (1), Turn ¼ right (9:00) putting weight on Left (2)
3&4 Step Right forward (3), Step Left up beside right (&), Step Right back (4)
5-6 Step Left back making ¼ left (6:00) (5), Touch Right beside left (6)

Restart here on Walls 2 & 6

7&8 Step Right back (7), Step Left back beside right (&), Step Right forward (8)

Sec 4. Step, Lock, Lock Step Forward, Heel & Heel, Scissor Step

1-2 Step Left Forward (1), Lock Right foot behind left (2)
3&4 Step Left forward (3), Lock Right foot behind left (&), Step Left forward (4)
5&6 Tap Right heel forward on diagonal (5), Step Right beside left (&), Tap Left heel forward on diagonal (6)
7&8 Step Left to left side (7), Step Right beside left (&), Cross Left over right (8)

Enjoy!

Restarts – Walls 2 & 6 – Do first 22 counts and start from the beginning
