

Good Life

拍數: 32 牆數: 4 級數: Improver
編舞者: Nicola Lafferty (UK) - April 2017
音樂: Good Life (Mark McCabe Remix) by Soulé



Count In: 16 Count Intro

[1-8] □□ROCK, RECOVER, TRIPLE BACK, COASTER STEP, 2 WALKS

1,2 Rock RF fwd, recover weight back to LF
3&4 Step RF back, Close LF to RF, Step RF back
5&6 Step LF back, Close RF to LF, Step LF fwd
7,8 Step fwd RF, Step LF fwd to L diagonal (face 12.00)

[9-16] □□CROSS, BACK, SLIDE (REPEAT)

1,2 Cross RF over LF, Step LF back
3,4 Slide RF to R side, Drag LF towards RF
5,6 Cross LF over RF, Step RF back
7,8 Slide LF to L side, Drag RF towards LF (face 12.00)

[17-24] □□HIP BUMPS TO DIAGONALS, JAZZ BOX WITH ¼ TURN RIGHT

1&2 Touch RF to R diagonal as you take hips and knees to R, bump hips and knees to L, take weight to RF as you bump hips and knees to R
3&4 Touch LF to L diagonal as you take hips and knees to L, bump hips and knees to R, take weight to LF as you bump hips and knees to L
5,6,7,8 Cross RF over LF, Step LF back, Make ¼ turn R as you step RF to R side, Close LF to RF (face 3.00)

[25-32] □□TOUCH, HITCH, CLOSE, HEEL SWITCHES, ½ PIVOT, ROCK, RECOVER, CLOSE

1&2 Touch RF to R side, Hitch R knee, Close RF to LF
3& Touch L heel fwd, Close LF to RF
4& Touch R heel fwd, Close RF to LF
5,6 Step LF fwd, ½ pivot turn to R taking weight to RF (face 9.00)
7,8 Rock LF fwd, Recover weight to RF
& Close LF to RF

Begin Again