

# It's Good To Be Alive

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Darren Mitchell (AUS) - July 2017  
音樂: Good Time To Be Alive - Lady A : (Album: Heartbreak.)



(Intro: 16 counts)

## FORWARD, FORWARD-BACK-1/2 TURN, 3/4 TURN, BEHIND-SIDE-ACROSS, SIDE-BEHIND-ACROSS

1            Step R forward,  
2&3        Step L forward, rock back onto right, turn 180 degrees left step L forward, (6:00)  
4&5        Step R forward, turn 270 degrees left take weight onto left, step R to the side, (9:00)  
6&7        Step L behind right, step R to the side, step L across in front of right,  
8&1        Step R to the side, step L behind right, step R across in front of left.

## SIDE SHUFFLE, ACROSS-BACK-BACK, ACROSS-BACK-BACK-TOUCH

2&3        Side shuffle to the left: L-R-L,  
4&5        Step R across in front of left, step L back at 45 degrees left, step R back at 45 degrees right,  
6&7        Step L across in front of right, step R back at 45 degrees right, step L back at 45 degrees left,  
8            (\*)□Touch R together. (9:00)

## TOGETHER, FORWARD, FORWARD-TOGETHER, PIVOT TURN, FORWARD, FORWARD-TOGETHER, FORWARD, TOUCH

&1,2       Step R together, step L forward, step R forward,  
&            Step L together,  
3,4        Pivot turn: step R forward, turn 180 degrees left take weight onto left, (3:00)  
5,6        Step R forward, step L forward,  
&7,8       (\*\*)□Step R together, step L forward, touch R together.

## SIDE, ROCK-TOGETHER, SIDE, ROCK-TOGETHER, FORWARD, BACK, 1/2 TURN, FORWARD, TOUCH

1,2&       Step R to the side, side rock onto left, step R together,  
3,4&       Step L to the side, side rock onto right, step L together,  
5,6        Step R forward, rock back onto left,  
&            Turn 180 degrees right step R forward,  
7,8        Step L forward, touch R together. (9:00)

[32]□REPEAT

Restarts:-

Restart 1□On wall 3, dance to count 16 (\*) then restart the dance again facing 3 0'clock.

Restart 2□On wall 6, dance to count 24 (\*\*) then restart the dance again facing 12 0'clock

Restart 3□On wall 7, dance to count 16 (\*) then: step R back, rock forward onto left and restart the dance again facing 9 0'clock