

Good Life

拍數: 44 牆數: 2 級數: Intermediate - Polka
編舞者: Séverine Fillion (FR) - January 2020
音樂: Good Life - Nice Horse



Intro : 16 counts

[1-8] KICK BALL CHANGE, TAP, KICK, COASTER STEP, CROSS, FLICK

Turn your body slightly diagonally right (at 1:30)

- 1&2 Kick right diagonally right fwd, right next to left, left next to right 1:30
3-4 Tap right ball next to left, Kick right diagonally right fwd
5&6 Right back, left next to right, right fwd
7-8 Left cross over right, right Flick diagonally right back (+ Slap right hand on right foot) and recover body facing 12:00

[9-16] CROSS SIDE HEEL & HEEL SWITCH, & TOE, HEEL 1/4 TURN, & TOE, HEEL 1/4 TURN, HOOK

- 1&2 Right cross over left, left to left, Touch right heel fwd
&3&4 Right next to left, Touch left heel fwd, left next to right, Touch right heel fwd
&5-6 Right next to left, Touch left toe back, 1/4 turn left & Touch left heel fwd 9:00
&7&8& Left next to right, Touch right toe back, 1/4 turn left & right heel fwd, right hook 6:00

[17-24] TRIPLE FWD, SCUFF, HITCH 1/4 TURN, SIDE, SAILOR 1/4 TURN, TRIPLE FWD

- 1&2 Triple step right – left – right fwd
3&4 Scuff left, 1/4 turn right with left Hitch, left step to left side 9:00
5&6 Right cross behind left, 1/4 turn right stepping left to left, right fwd 12:00
7&8 Triple step left – right – left fwd

[25-32] 1/4 TURN & CROSS, HOLD, SIDE POINT SWITCH, STEP FWD, HEEL TWIST, OUT OUT IN IN

- &1 1/4 turn left & right to right, left cross over right (with knee bend) 9:00
2 Hold (stretch out your legs + Snap hands up)
3&4& Touch right toe to the right, right next to left, Touch left toe to the left, left next to right
5&6 Right step fwd, Twist right heel to the right, recover right heel to the center
&7&8 Right to right (OUT), left to left (OUT), right IN, left IN next to right

[33-40] STEP 1/2 TURN, STOMP, CLAPS, FULL TURN, STEP FWD, TOE TAP CROSS BACK

- 1-2 Right step fwd, Turn 1/2 left (weight on left) 3:00
3-&4 Stomp right fwd, Clap, Clap
5-6 1/2 turn right stepping left back, 1/2 turn right stepping right fwd
7-8 Left step fwd, Tap right toe cross just behind left

[41-44] TRIPLE BACK, TRIPLE 3/4 TURN L

- 1&2 Triple step right – left – right backward
3&4 Triple step left – right – left turning 3/4 turn left 6:00

TAG (8 counts) at 6:00 after walls 1 & 3

- 1-2 Stomp right to the right, Stomp-up left next to right
3-4 Stomp left to left side, Hold
5-8 Right cross over left, unwind full turn left (ending weight on left)

FINAL : At the end of wall 7, dance the Tag but unwind 1/2 turn left to finish facing !

ENJOY & HAVE FUN !

