

Good Life

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Mary Bee Friedrich (DE) & David Hoyn (AUS) - September 2023
音樂: Good Life - Inner City & Kevin Saunderson



Intro: 16 Count/ 8 sec.- start dancing with weight on L

Motion: Novelty - House

Tag: no

Restart: yes very easy @ Wall 1+2 after 24 counts

Wall 8/9+10 after 16 counts

Note: RF > right foot | LF > left foot | fwd. > forward | bwd.> backward

Section 1 - [1 – 8] Side-Close, Chassè ¼ Turn R, Step ½ Turn R, Chassè 12:00

- 1 - 2 RF step to right., LF close to RF 12:00
- 3 & 4 RF step next to right side, LF step together RF, (12:00), RF step ¼ turn to R 03:00
- 5 – 6 LF step fwd.(03:00), RF step ½ turn to R over rough shoulder 12:00
- 7 & 8 LF step next to L, RF close to LF, LF step next to left 12:00

Section 2 - [9 - 16] Cross Samba, Cross L ¼ Turn Samba, Step Point* R/L

- 1 & 2 RF crossover LF, LF ball step to left, RF diagonal stepping fwd., 12:00
- 3 & 4 LF crossover RF (12:00), RF ¼ turn ball step back to L (09:00), LF diagonal stepping fwd., 07:30
- 5 - 6 *RF step diagonal right out (10:30), LF point to L 09:00
- 7 - 8 *LF step to left side, RF point to R 09:00

Restart Wall 8/9/10

Section 3 - [17 - 24] Step, Tap, Heel, Step, ¾ Paddle Turn, Flick

- 1 - 2& RF step fwd., LF tap behind RF, LF recover on weight 09:00
- 3 & 4 RF dip heel fwd., RF recover on weight, LF step fwd. 09:00
- 5 & 6 & RF ¼ paddle turn to L, LF recover(06:00) RF ¼ paddle turn to L, LF recover 03:00
- 7 & 8 RF ¼ paddle turn to L, LF recover, RF flick behind LF 12:00

Restart Wall 1/2

Section 4 - [25 - 32] Side-Touch, Step ¼ Turn L, Touch, Step ½ Turn L, Diag.Jump- Touch R/L

- 1 -2 RF step to right, LF touch to RF 12:00
- 3 -4 LF step ¼ turn to left, RF touch to LF 09:00
- 5 - 6 RF step fwd. , LF step ½ turn to left over your left shoulder 03:00
- &7 & 8 RF diagonal jump fwd., LF touch next to RF, LF diagonal jump fwd., RF touch next to LF- 03:00

Styling Movements >Higher Level >

Section 2/ for STEP POINT drop down with a shimmy shake and finger snaps

Section 4/ for SIDE TOUCHES use your hips and feel the music

*Take the last 2 counts for a phenomenal vogue pose at the 12:00 wall.