

Good To Be Alive

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lucas Mahnke (DE) - May 2024
音樂: Good To Be - Mark Ambor



The Dance starts with the singing

S1: Rock forward, side-rock, coaster step, (2x)

1&2& Step forward right - recover to left foot - step right to right - recover to left foot
3&4 Step right back - step left to right - step right forward
5&6& Step forward left - recover to right foot - step left to left - recover to right foot
7&8 Step left back - step right to left - step left forward

S2: Lockstep (r+l), ½ step turn (l), step, full turn (r), step

1&2 Step right forward - lock left behind right - step right forward
3&4 Step left forward - lock right behind left - step left forward
5&6 Step right forward - ½ turn left around on both balls, weight at the end left (6:00) - step right forward
7&8 full turn (r) - step left forward

S3: Lockstep (r+l), rock forward, side-rock, sailor-step ¼ turn (r)

1&2 Step right forward - lock left behind right - step right forward
3&4 Step left forward - lock right behind left - step left forward
5&6 Step forward right - recover to left foot - step right to right - recover to left foot
7&8 Cross right foot behind left - ¼ turn (r) (9:00) - close left foot to right - step right forward

S4: Rock forward, ½ turn (l) and step left forward, ½ shuffle-turn (l), coaster step, step-touch

1&2 Step forward left - recover to right foot and turn ½ (l) (3:00) - step left forward
3&4 ¼ turn (l) step right side - close left to right - ¼ turn (l) and step right back (9:00)
5&6 Step left back - step right to left - step left forward
7-8 Step forward right - close left foot to right and bring weight to left foot

Tags: 20 counts, end of wall 1 facing 9:00 and end of wall 3 facing 3:00

T1: Out-out-In-in (2x)

1-2 Step diagonal forward right - step left foot out
3-4 Step right foot back - step left to right foot
5-6 Step diagonal forward right - step left foot out
7-8 Step right foot back - step left to right foot

T2: Rocking-chair, Step-turn (l) (2x)

1-2 Step forward right - recover weight back to left foot
3-4 Step left back - recover weight back to right foot
5-6 Step right forward - ½ turn left around on both balls, weight at the end left
7-8 Step right forward - ½ turn left around on both balls, weight at the end left

T3: Out-out-In-in

1-2 Step diagonal forward right - step left foot out
3-4 Step right foot back - step left to right foot

Ending: Dance till count 16 of wall 6 (3:00) and add ¾ turn to face 12:00