

# Life Is Good

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Dee Musk (UK)  
音樂: I'm Feeling You (feat. Michelle Branch) - Santana



## CROSS ROCK, CHASSE, CROSS FULL UNWIND, BACK ROCK

1-2      Cross rock left over right, recover weight to right  
3&4      Step left to left side, close right beside left, step left to left side  
5-6      Cross right over left, unwind a full turn left (weight on left)  
7-8      Rock back on right, recover weight to left. (12:00)

## FORWARD ROCK, SHUFFLE ½ TURN, FORWARD ROCK, FULL TURN

1-2      Rock forward on right, recover weight to left  
3&4      Make a ½ turn right, shuffling forward right, left, right  
5-6      Rock forward on left, recover weight to right  
7-8      Make a full turn backwards stepping ½ turn forward on to left, turning ½ turn back on to right (6:00)

## ¼ ROCK RECOVER, CROSS, ROCK & CROSS, SIDE, CROSS ROCK ¼ TURN

1-2      Making a ¼ turn left rock left out to left side, recover weight to right  
3      Cross left over right  
4&5      Rock out to right, recover weight to left, cross right over left  
6      Step left to left side  
7&8      Cross rock right over left, recover weight to left, make a ¼ turn right stepping forward on right. (6:00)

## STEP PIVOT, STEP LOCK STEP, ¼ TURN LOCK STEP

1-2      Step forward on left, make a ½ turn right (weight forward on right)  
3-4      Step forward on left, lock right behind left  
5      Step forward on left  
6-7      Making a ¼ turn right step forward on right, lock left behind right  
8      Step forward on right. (3:00)

## STEP PIVOT, FORWARD SHUFFLE, SIDE ROCK, BEHIND SIDE CROSS

1-2      Step forward on left, make a ½ turn right (weight forward on right)  
3&4      Shuffle forward left, right, left  
5-6      Rock right out to right side, recover weight to left  
7&8      Cross right behind left, step left to left side, cross right over left. (9:00)

## SIDE, BEHIND SIDE CROSS, SIDE ROCK, CROSS, HINGE ½ TURN LEFT

1      Step left to left side  
2&3      Cross right behind left, step left to left side, cross right over left  
4-5      Rock left to left side, recover weight to right  
6      Cross left over right  
7-8      Make a ¼ turn left stepping back on right, make a ¼ turn left stepping left to left side. (3:00)

## CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK

1&2      Cross right over left, step left to left side, cross right over left  
3-4      Rock left out to left side, recover weight to right  
5&6      Cross left over right, step right to right side, cross left over right  
7-8      Rock right out to right side, recover weight to left. (3:00)

**BEHIND SIDE CROSS, ROCK AND CROSS, ¼ TURN LEFT, ½ TURN LEFT, CHASSE**

- 1&2            Cross right behind left, step left to left side, cross right over left  
3&4            Rock left out to left side, recover weight to right, cross left over right  
5-6            Making a ¼ turn left step back on right, making a ½ turn left step forward on left  
7&8            Step right to right side, close left beside right, step right to right side. (6:00)

**REPEAT**

**TAG**

**End of walls 2 & 4 facing front**

**CROSS BACK CHASSE, CROSS BACK CHASSE**

- 1-4            Cross left over right, step back on right, chasse left  
5-8            Cross right over left, step back on left, chasse right
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