

# Livin' Well

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Steve Rutter (UK)  
音樂: Living and Living Well - George Strait



## SIDE ROCK, RIGHT SAILOR STEP, CROSS, SIDE STEP, LEFT SAILOR STEP

1-2      Rock right to right side, recover weight on left  
3&4      Cross right behind left, step left to left side, replace weight onto right  
5-6      Cross left over right, step right to right side  
7&8      Cross left behind right, step right to right side, replace weight onto left

## CROSS, UNWIND ½ TURN LEFT, RIGHT SHUFFLE, LEFT MAMBO ROCK, RIGHT SHUFFLE

9-10      Cross right over left, unwind ½ turn left (keeping weight on left)  
11&12      Step right forward, close left beside right, step right forward  
13&14      Rock forward on left, recover weight back onto right, close left beside right  
15&16      Step right forward, close left beside right, step right forward

## STEP LEFT FORWARD, HITCH RIGHT, RIGHT MAMBO ROCK, SIDE STEP, CLOSE, STEP FORWARD TOUCH RIGHT

17-18      Step left forward, hitch right knee  
19&20      Rock back on right, recover weight forward onto left, close right beside left  
21-22      Step left to left side, close right beside left  
23-24      Step left forward, touch right toe to right side

## TOUCH FORWARD, TOUCH TO SIDE, RIGHT SAILOR STEP, CROSS LEFT, SIDE STEP, SLIDE, CLOSE

25-26      Touch right toe forward, touch right toe to right side  
27&28      Cross right behind left, step left to left side, replace weight onto right  
29-30      Cross left over right, step right a big step to right side  
31-32      Slide left up to close beside right

## REPEAT

### TAG 1

At the end of wall 4, when dancing to "Living And Living Well" by George Strait

1-2      Rock right to right side, recover weight onto left  
3&4      Kick right foot forward, step right beside left (taking weight), change weight onto left  
5-8      Repeat steps 1-4

### TAG 2

At the end of wall 9, when dancing to "Living And Living Well" by George Strait, add steps 1-4 of the first tag, i.e. one side rock and one kick ball-change instead of two

## ENDING

At the end of wall 12 there will only be 8 counts of music left, so if you want you can add the following ending

1-2      Rock right to right side, recover weight onto left  
3&4      Cross right behind left, step left to left side, replace weight onto right  
5      Cross left behind right  
6-7      Unwind a full turn left (weight ending on left)  
8      Stomp right to right side raising hands in the air (ta-dah!)