

Good Life

拍數: 32 牆數: 2 級數: Improver
編舞者: Jonathan Williamson (UK) - July 2011
音樂: Good Life - OneRepublic : (Album: Waking Up)



Dance starts 32 beats from beginning of track (Ignore the initial drumming and start to count when guitar comes in)

RIGHT SIDE MAMBO, LEFT SIDE MAMBO, RIGHT FORWARD MAMBO, LOCK BACK LOCK

1&2 Rock right to right side, recover weight on left, step on right
3&4 Rock left to left, recover weight on right, step on left
5&6 Rock forward right, recover weight on left, step back on right
7&8 Cross left over right, step back right, cross left over right

BACK, ¼ LEFT, RIGHT SHUFFLE, HITCH ¼ PADDLE TURN X 2, LEFT CROSS BACK SIDE

1-2 Step back right, ¼ turn left (stepping left foot forward)
3&4 Step forward right, step left besides right, step forward right
&5 Hitch left knee, ¼ turn right, point left toe to left side,
&6 Hitch left knee, ¼ turn right, point left toe to left side,
7&8 Cross left over right, step back right, step left to left side

RIGHT SIDE, TOGETHER, FORWARD, TOUCH, LEFT CHASSE, CROSS, SIDE, SAILOR ¼ TURN

1& Step right to right side, step left besides right
2& Step forward right, touch left besides right
3&4 Step left to left side, step right besides left, step left to left side
5-6 Cross right over left, step left to left side
7&8 Sweep right behind left (making ¼ turn right), step on left, step forward right

LEFT MAMBO, BACK RIGHT LEFT, ROCK BACK, RECOVER, FULL TURN RIGHT LEFT

1&2 Rock forward left, recover weight back on right, step left besides right
3-4 Walk back right, left
5-6 Rock back right, recover weight onto left
7-8 ½ turn left stepping back right, ½ turn left stepping forward right

There is one restart: On wall 3 dance the first 16 steps and restart.

Last Revision on site - 10th August 2011)