

Have A Good Life

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Wendy Loh (MY) - April 2013
音樂: Have A Good Life - Miss D.D



Intro: Dance starts as vocal starts..

Section 1: Waltz L Basic Forward, R Basic Back

1,2,3 Step LF forward, Step RF together, Step LF in place
4,5,6 Step RF back, Step LF together, Step RF in place (12:00)

Section 2: Basic Forward with a 1/2 L Turn, Back Basic

1,2,3 Step LF forward, Turn 1/2 L & Step RF back, Step LF together (6:00)
4,5,6 Step RF back, Step LF together, Step RF in place

Section 3: Left Twinkle, Right Twinkle with a 1/2 R Turn

1,2,3 Cross LF over RF, Step RF to R, Step LF together (6:00)
4,5,6 Cross RF over LF, Turn 1/4 R & Step LF back, Turn 1/4 R & Step RF together (12:00)

Section 4: Triple Steps Diagonally Forward, Arabesque with R leg extended forward

1,2,3 Step LF forward, Step RF forward, Step LF forward
(Note : Move diagonally forward towards R)
4,5,6 Weight on RF, gently extend L leg forward parallel to the floor (1:30)

Section 5: Step Back, 1/4 L Turn, Step Forward, Forward Rock, Recover, Drag

1,2,3 Step RF back, Turn 1/4 L & Step LF forward, Step RF forward (9:00)
4,5,6 Rock LF forward, Recover on RF, Step LF back & Slowly Drag RF together

Section 6: Drag to R, Touch, Triple Full Turn

1,2,3 Step RF to R & Slowly drag LF together over 3 counts
4,5,6 Turn 1/4 L & Step LF forward, Turn 1/2 L & Step RF back, Turn 1/4 L & Step LF to side (9:00)

Section 7: Right Twinkle, Weave to Right,

1,2,3 Cross RF over LF, Step LF to L, Step RF together
4,5,6 Cross LF over RF, Step RF to side, Cross LF behind RF (9:00)

Section 8: Step Forward with a 1/4 R Turn, Step Forward, 1/2 R Turn, Sway

1,2,3 Turn 1/4 R & Step RF forward, Step LF forward, Turn 1/2 R weight on RF (6:00)
4,5,6 Step LF to side & Sway hip to L (4,5), Transfer weight to RF & Sway hip to R side (6)

TAG: After completing Wall 3 (6:00), then restart

1,2,3 Sway hips from L to R

RESTART: At Wall 5 (12:00), dance 4x6's counts, then restart

Change steps at Section 4 to the following :

Section 4: Triple Steps Forward, Rock Forward, Recover, Step Back

1,2,3 Step LF forward, Step RF forward, Step LF forward (12:00)

(Note : Do not move diagonally at restart section)

4,5,6 Rock RF forward, Recover on LF, Step RF back & Drag LF together

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