

Good To Be Alive

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Vikki Morris (UK) - April 2014
音樂: It's Good To Be Alive - Imelda May : (3:49)



Start: 32 counts on the word "Thoughts"

S1: Right Vine Tog, Twist Left, Left Heel, Left Hook

1 2 3 4 Step Right to Right side, Step Left behind Right, Step Right to Right Side, Step Left next to Right
5 6 7 8 Twist both heels Left, Twist heels back to centre, Dig Left heel to Left diagonal, Hook Left across Right

S2: Left Vine Tog, Twist Right, Right Heel, Right Hook

1 2 3 4 Step Left to Left side, Step Right behind Left, Step Left to Left Side, Step Right next to Left
5 6 7 8 Twist both heels Right, Twist heels back to centre, Dig Right heel to Right diagonal, Hook Right across Right

(Restart here wall 8)

S3: Right Lock Step, Scuff Left, Step ½ Pivot Right, Step forward Left, Hold

1 2 3 4 Step forward Right, Lock Left behind Right, Step forward Right, Scuff Left
5 6 7 8 Step forward Left, Pivot ½ turn Right, Step forward Left, HOLD □ (6 o'clock)

S4: Left Triple Full Turn Forward, Left Scuff Hitch, Run Back Left Right Left, Hold

1 2 3 4 Turn full turn forward over Left on Right, Left, Right, Scuff & Hitch Left
5 6 7 8 Run back on Left Right Left, HOLD

(Tag & Restart here on walls 2, 5, 10)

S5: Right Coaster Cross, Ronde Hitch 1/4, Right, Prissy Walk Left Hold, Prissy Walk Right, Hold

1 2 3 4 Step back Right, Step Left next to Right, Cross Right over Left, Ronde Hitch Left over Right turning ¼ turn Right (9 o'clock)
5 6 7 8 Walk forward Left, HOLD, Walk forward Right HOLD

S6: Left Mambo Step, Right Hitch Back, Sit down, Up, Scuff Right

1 2 3 4 Rock forward on Left, Recover on Right, Step back on Left, Hitch Right
5 6 7 8 Step back on Right, Sit down, Sit up, Scuff Right to Right side

(Restart here on wall 3)

S7: Right Vine ¼ Right, Hold, Step Pivot ¼ Right, Cross Left, Hold

1 2 3 4 Step Right to Right side, Cross Left behind Right, Turn ¼ turn Right Stepping forward Right, HOLD
5 6 7 8 Step forward Left, Pivot ¼ turn Right, Cross Left over Right HOLD (3 o'clock)

S8: Right Toe Strut, Left Crossing Toe Strut, Diagonal Right Rocking Chair

1 2 3 4 Touch Right toe to Right side, Slap Right heel down, Cross Left toe over Right, Slap Left heel down
5 6 7 8 Rock Right to the Right diagonal, Recover on Left, Rock back Right, Recover on Left

TAG: Right Back Rock, Recover Left, Right Heel, Right Hook

1 2 3 4 Rock back on Right, Recover on Left, Dig Right heel to Right diagonal, Hook Right across Left

Tag & Restarts on walls 2, 5 & 10, after run back (S4)

Restart on wall 3 after sit down, sit up, Scuff Right (S6)

Restart on wall 8 after Right Heel Hook (S2)

ENDING:- S4, after Left triple full turn, you will be facing 3 o clock, step forward Left, Pivot $\frac{3}{4}$ right, Step Right to Right side, TA-DAH!!!!

Please don't let the Tags & Restarts put you off, it is easier than you think, you can hear them in the music.
Start again and SMILE

Contact - Email; gypsyncowgirl@blueyonder.co.uk
