

The Good Life

| | |
|---------------|--|
| Choreography: | Rachael McEnaney |
| Description: | 32 Count, 2 Wall, Intermediate/Advanced level line dance |
| Music: | Robin Thicke – The Good Life |

Count In: 16 counts from start of track, dance begins on vocals. Approx 104bpm.

Notes: 1 Tag at the end of the 1st wall – Right backwards rocking chair (1,2,3,4)

You will notice on the counts that I have included 'a' as a count, if you haven't heard of this before here is a brief explanation.

When we count in dance it really could be '1 e & a 2 e & a 3' etc, in this particular track you are stepping on the 'a' count which is just after '&', the easiest place in the dance to understand this is section 18-24 on the cross side rock as you are using both '&' and 'a'.

If you are an instructor this might confuse some of your students, so I wouldn't place too much emphasis on it, they should dance on rhythm once they hear the song.

R back, L coaster step, ¼ turn L hitch R, R cross, L cross, ¾ turn L stepping R-L, ¼ L with R scissor step

- 1-2a3 Step back on right (1), step back on left (2), step right next to left (a), step forward on left (3), 12.00
- &4 Make ¼ turn left on ball of left hitching right knee (& - this is not a strong hitch just a transition into next step), cross right over left (4) 9.00
- &5 Hitch left knee (& - not a strong hitch just transition to next step), cross left over right (5), 9.00
- 6a7a8 Make ¼ turn left stepping back on right (6), make ½ turn left stepping forward on left (a), make ¼ turn left stepping right to right side (7), step left next to right (a), cross right over left (8) 9.00

L side, R back rock, ¼ turn L as you weave R, L back rock, ¼ turn R stepping back L, step back R-L, R coaster step

- a1-2 Step left to left side (a), rock back on right foot and open body to diagonal 10.30 (1), recover weight to left (2) 10.30
- a3a4 Make ¼ turn left as you step right to right side (a), cross left behind right (3), step right to right side (a), cross left over right (4) 6.00
- a5-6 Step right to right side (a), rock back on left foot and open body to diagonal 4.30 (5), recover weight to right (6) 4.30
- a7a Make ¼ turn right stepping back on left (&), step back on right (7), step back on left (&) 9.00
- 8&1 Step back right (8), step left next to right (&), step forward right (1) 9.00

Step L fwd, ¼ turn L pointing R toe, make ½ turn R stepping R next to L, L side rock, L cross rock, L ball cross R, unwind full turn L, L side, R close

- 2-3a Step forward left (2), make ¼ turn left as you point right to right side (3), make ½ turn right stepping right next to left (a) 12.00
- 4a5 Rock left to left side (4), recover weight to right (a), cross rock left over right (5) 12.00
- 6a7a Recover weight to right (6), step left to left side (a), cross right over left (7), unwind full turn left on ball of right (a) (Try think of the turn being on count 7 – begin to turn as soon as you cross the right) 12.00
- 8a Step left to left side (8), step right next to left (a) 12.00

...taught and danced at



Sofiendalsvej 77
DK-9200 Aalborg SV
Tel. +45 98180733
www.linedance.dk

Rock and sway L-R, L cross, R side rock, R cross, L side rock, L fwd rock, 1½ turns L, R fwd, L close

- 1-2 Rock left to left side and sway upper body left (1), recover weight to right and sway upper body right (2) 12.00
- 3&a Cross left over right (3), rock right to right side (&), recover weight to left (a) 12.00
- 4&a Cross right over left (4), rock left to left side (&), recover weight to right (a) 12.00
- 5-6 Rock forward left (5), recover weight to right (6), 12.00
- a7a Make ½ turn left stepping forward left (a), make ½ turn left stepping back right (7), make ½ turn left stepping forward left (a) 6.00
- 8a Step forward right (8), step left next to right (a) 6.00

Repeat

Tag

At the end of the 1st wall you will be facing the back (6.00) – do the following 4 count Tag:

Back Rocking Chair

- 1-4 Rock back on right (1), recover weight left (2), rock forward on right (3), recover weight left (4) 6.00

...taught and danced at

Klitgaarden

Sofiendalsvej 77
DK-9200 Aalborg SV
Tel. +45 98180733
www.linedance.dk