

The Good Life



Count: 32 **Wall:** 2 **Level:** Intermediate / Advanced
Choreographer: Rachael McEnaney (UK) Aug 2013
Music: "The Good Life" – Robin Thicke. Album: Blurred Lines (iTunes) Approx 3.13mins

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.

[1 - 8] 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 2 a 3 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
 6 a 7 a 8 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

[9 – 17] 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

a 1 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
 a 3 a 4 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
 a 5 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
 a 7 a 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

[18 - 24] 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 3 a 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
 4 a 5 Rock left to left side (4), recover weight to right (a), cross rock left over right (5) 12.00
 6 a 7 a 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
 8 a Step left to left side (8), step right next to left (a) 12.00

[25 - 32] 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
 a 7 a 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
 8 a Step forward right (8), step left next to right (a) 6.00

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

1 2 3 4 Rock back on right (1), recover weight left (2), rock forward on right (3), recover weight left (4) – BACK ROCKING CHAIR 6.00

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.

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