



# The Good Life

Choreographed by Rachael McEnaney (UK) (August 2013)

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<b>Description:</b>	32 Counts, 2 Walls, Intermediate/Advanced
<b>Music:</b>	"The Good Life" – Robin Thicke. Album: Blurred Lines (available on itunes) Approx 3.13mins
<b>Count In:</b>	16 counts from start of track, dance begins on vocals. Approx 104bpm.
<b>Notes:</b>	1 Tag at the end of the 1 <sup>st</sup> wall – Right backwards rocking chair (1,2,3,4) <i>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 &amp; a 2 e &amp; a 3' etc, in this particular track you are stepping on the 'a' count which is just after '&amp;', the easiest place in the dance to understand this is section 18-24 on the cross side rock as you are using both &amp; 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.</i>

Section	Footwork	End Facing
<b>1 - 8</b>	<b>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</b>	
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
<b>9 – 17</b>	<b>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</b>	
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
<b>18 - 24</b>	<b>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</b>	
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) <i>(try think of the turn being on count 7 – begin to turn as soon as you cross the right)</i>	12.00
8 a	Step left to left side (8), step right next to left (a)	12.00
<b>25 - 32</b>	<b>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</b>	
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
<b>TAG:</b>	<b>At the end of the 1<sup>st</sup> wall you will be facing the back (6.00) – do the following 4 count Tag.</b>	
1 2 3 4	Rock back on right (1), recover weight left (2), rock forward on right (3), recover weight left (4) – <b>BACK ROCKING CHAIR</b>	6.00