



THE GOOD LIFE

Choreographed by: Rachael McEnaney (United Kingdom)

Music: **The Good Life** by **Robin Thicke**, BPM: 104, 3:13mins [CD: Blurred Lines]

Descriptions: 32 count, 2 wall, Intermediate/Advanced level line dance

Count In: 16 counts from start of track, dance begins on vocals

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 '1e&a2e&a3' 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

1-2a3 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**

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

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**

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

2-3a 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) **12.00**

Try think of the turn being on count 7 – begin to turn as soon as you cross the right

8a 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**

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**

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

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