拍数： 64
壇数： 4
级数：Intermediate
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音乐：Good To Be Alive－Meghan Trainor


Start after 16 count intro
Section 1：Walk，walk， $1 / 4$ pivot left，cross，ball，cross， $1 / 4$ right stepping back on left，sailor step turning $1 / 4$ right
1－2 Walk R（1）Walk L（2）
3\＆4 Step Fwd R（3）1／4 Turn L，Step On L（\＆）Cross R Over L（4）
\＆5－6 Step L To L（\＆）Cross R Over L（5）Make 1／4 R，Step Back On L（6）
7\＆8 Cross R Behind L（7）1／4 Turn R，Step On L（\＆）Step On R（8）FACING 3.00
Section 2：Vaudeville steps，cross，side，Cuban cross shuffle
1\＆2 Cross left over right，step right to right and slightly back，extend left heel to left diagonal
\＆3\＆4 Close，cross Right over left，left to left and slightly back \＆extend right heel to right diagonal
\＆5－6 Close，cross Left over right，small step to right
7\＆8 Cross shuffle（with Cuban hips）
（Steps 5－8 to be kept small so that you can get maximum hip action！）
Section 3：Sway，sway，small chasse right，cross，recover，chasse $1 / 4$ left
1－2 Step right to right and sway hips－right，left
3\＆4 Small chasse to right
5－6 Cross left over right，recover on right
7\＆8 Chasse with $1 / 4$ left
Section 4：Rock，recover，full triple right，hitch，touch with $1 / 4$ turn $\times 2$ ，cross，back，side
1－2 Rock forward on right，recover on left
3\＆4 Full triple turn right（ or coaster step）
\＆5\＆6 Hitch left，point out to left pushing round $1 / 4$ right，hitch left，point out to left pushing round $1 / 4$ right
7\＆8 Cross left over right，back on right，side on left
Section 5：Mambo forward，step，scuff，hitch，step back，heel splits－out，in，hitch left，close，point right to right，close，point left，to left
1\＆2 Rock R Forward（1）Step Back On L（\＆）Rock Back On R（2）
\＆3\＆4 Step down on left（\＆）Scuff R Forward（3）Hitch R（\＆）Step R Back（4）
\＆5，6 Split Heels Out（\＆）Heels In weight on right（5）Hitch L（6）
\＆7\＆8 Step L Down（\＆）Point R To R（7）Step R Together（\＆）Point L To L（8）
Section 6：Close，right cross，hold，step，cross shuffle， $1 / 4$ right stepping back on left，hook，shuffle forward
\＆1－2 Step On L（\＆）Cross R Over Left（1）Hold（2）
\＆3\＆4 Step On L（\＆）Cross R Over L（3）Step L To L（\＆）Cross R Over L（4）
5－6 $1 \quad / 4$ R Step On L（5）Hook R（6）
7\＆8 Step Fwd R（7）Step L To R（\＆）Step Fwd On R（8）
Section 7：Walk，walk，shuffle $\mathbf{x} 2$ in a full circle left
1－2 Walk，walk
3\＆4 Shuffle fwd
5－6 Walk，walk，
7\＆8 Shuffle fwd
The above steps are danced in a full circle to left

Section 8: Cross, recover, side, cross, recover, side, cross, recover and sweep left round, behind, side, forward
1,2\& Cross left over right, recover on right, left to left
3,4\& Cross right over left, recover on left, right to right
5-6 Cross left over right, recover on right sweeping left round from front to back
7\&8 Cross left behind right, right to right, fwd on left

At the end of the music you will finish on step 6 of section 4 , just turn $1 / 4$ to the front on steps $\$ 5 \& 6$

