

# La Buena Vida! (aka Life)

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Easy Intermediate  
编舞者: Forty Arroyo (USA) - October 2013  
音乐: The Good Life - Robin Thicke



A Hayloft Floor Split Dedicated to My Senior Guys & Dolls  
Inspired by the Intermediate line dance "The Good Life" by Rachael McEnaney

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

## [1-8] SWAY R-L, CHASSE' R, SWAY L-R CHASSE' L,

1-2            (1)Sway hips to right (2)Sway hips to left  
3&4           (3)Step R to side (&)Step L next to R (4)Step R to side  
5-6           (5)Sway hips to left (6)Sway hips to right  
7&8           (7)Step L to side (&)Step R next to L (8)Step L to side

## [9-16] R- ROCK FORWARD, SIDE, BEHIND - - L-ROCK FORWARD, SIDE, BEHIND

1&2&        (1)Rock R forward (&)Recover WOL\* (2)Rock R to side (&)Recover WOL  
3&4        (3)Rock R behind L (&)Recover WOL (4)Step R to side  
5&6&       (5)Rock L forward (&)Recover WOR\* (6)Rock L forward (&)Recover WOR  
7&8        (7)Rock L behind R (&)Recover WOR (8)Step L to side

## [17-24] ROCKING CHAIR, PADDLES, ROCKING CHAIR, PADDLES

1&2&        (1)Rock R forward, (&)Recover WOL, (2)Rock R back, (&)Recover WOL  
3&           (3)Starting a ¼ left – Step R forward on ball of R (&)Pivot 1/8 turn L - WOL  
4&           (4)Completing ¼ left – Step R forward on ball of R (5)Pivot 1/8 turn L – WOL ( 9 O'clock)

### Repeat step 1 – 4& of this section – end at 6 O'clock

5&6&        (1)Rock R forward (&)Recover WOL (2)Rock R back (&)Recover WOL  
7&           (3)Starting a ¼ left – Step R forward on ball of R (&)Pivot 1/8 turn L - WOL  
8&           (4)Completing ¼ left – Step R forward on ball of R (5)Pivot 1/8 turn L – WOL ( 6 O'clock)

## [25-32] CROSS/ROCK, RECOVER, BALL CROSS, RECOVER, REPEAT

1-2           (1) Cross/Rock R over L (2)Recover WOL  
&3,4        (&) Step R next to L (3) Cross/Rock L over R (4) Recover WOR  
&5,6        (&) Step L next to R, (5) Cross/Rock R over L (6) Recover WOL  
7,8        (&) Step R next to L (7) Cross/Rock L over R (8) Recover WOR  
&           (&) Step L next to R

Start over

\*WOL=weight on left, WOR= Weight on R

TAG: 4 counts - Tag: after the first rotation ONLY (6 O'clock)

1-4           Step R to side, Sway upper body L, R, L (start from the beginning)

Contact: [forty.arroyo@gmail.com](mailto:forty.arroyo@gmail.com)