

# It's Good To Be Alive

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Hayley Wheatley (UK) - April 2014  
音乐: It's Good To Be Alive - Imelda May : (Album: Tribal)



Music: Available from I Tunes, Google Play and Amazon

Intro:-16 Counts

## KICK, KICK, STEP BACK, COASTER STEP, RIGHT SHUFFLE, STEP TURN, STEP

1&2      Kick right foot forward twice, step back on right foot  
3&4      Step back on the left foot, step right foot beside left, step fwd on left foot.  
5&6      Step fwd on right foot, step left foot beside right, step fwd on right foot  
7&8      Step fwd on left foot, pivot ½ turn right, step fwd on left foot (6:00)

Tag here during wall 5 facing 12:00

## WEAVE RIGHT, ROCK AND CROSS, ROCK AND CROSS, ROCK, ¼ TURN, STEP

1&2&      Step right to right side, step left behind right, step right to right side, step left across right  
3&4      Rock right foot to right side, recover onto left, cross right foot over left  
5&6      Rock left foot to left side, recover onto right, cross left foot over right  
7&8      Rock right foot to right side, recover onto left while making ¼ turn left, Step right foot fwd (3:00)

## KICK, KICK, STEP BACK, COASTER STEP, LEFT SHUFFLE, STEP TURN, STEP

1&2      Kick left foot forward twice, step back on left foot Restart here on wall 2 facing 12:00  
3&4      Step back on the right foot, step left foot beside right, step fwd on right foot.  
5&6      Step fwd on left foot, step right foot beside left, step fwd on left foot  
7&8      Step fwd on right foot, pivot ½ turn left, step fwd on right foot (9:00)

## ROCK FORWARD, ROCK SIDE, BEHIND SIDE CROSS, TOUCH CLOSE, SLIDE DRAG, COASTER STEP

1&2&      Rock fwd onto left foot, recover onto right, rock left foot to left side, recover onto right  
3&4      Step left foot behind right, step right foot to right side, cross left foot over right  
5&6&      Touch Right toe to right side, touch right toe beside left foot, big step right to right side, drag left toe beside right, keeping weight on right foot  
7&8      Step back on left foot, step right foot beside left, step fwd on left foot

Tag here at the end of wall 8 facing 3:00

Restart: During Wall 2 (facing 12:00)

Tag: During wall 5 and at the end of wall 8

1&2&      Right heel switch, replace, left heel switch, replace (1&2&), then Restart.

Optional Ending: During wall 10, dance up to count 14.

Then facing 6:00, touch right toe to right side, cross right foot over left, unwind a ½ turn to 12:00...Finito!

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