

# La Buena Vida! (aka Life)

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**Count:** 32      **Wall:** 2      **Level:** Easy Intermediate

**Choreographer:** Forty Arroyo (10/2013)

**Music:** The Good Life by Robin Thicke [3:13 min]

## 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)**