

Living Well

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Gunawati Tiotama (GT) – Areba Dance Group, March 2020

Music: Live Well – Amy Sand

Notes: This dance is dedicated to my mentor, my teacher, Tjhioe Fong laoshi. God bless you.

Intro: 32 counts

Section 1: Back, Sailor, Spiral Pivot Turn, Back Lock Step, ½ L Side

- 1 Step L back
- 2&3 Cross R behind L, Step L to L, Step R to R
- 4 5 Cross L over R, R Full turn and Step R forward
- 6&7 Step L back, Lock R over L, Step L Back

8¼ L Step R to R (9.00)

Section 2: NC Basic, ½ L Turn, Jump & Flick, Hold, Back, Side Rock, ¼ L Ronde

- 1 2& Big Step L to L, Cross R behind L, Cross L over R
- 3 4 5½ L Step R behind, Jump L forward while flicking R, hold (3.00)

(Raise R hand up on count 4 and down on count 5)

- 6&7 Step R down, Step L to L, Recover

8¼ L Sweep L front to back (12.00)

Section 3: Back, Run 3x, Hold 2x, Sway 3x, Back

- 1 Step L back
- 2&3 Run forward R, L, R

(on count 3, lock & bent both knees, weight on R)

- 4 5 Hold 2 counts

(while both hands reach out on count 4 and down on count 5)

- 6&7 Step L to L and Sway L, R, L

8 Step R back

Section 4: Back, ½ R Forward Lock Step, 1/8 L Point, ¼ R Flick, Diagonal Rock, Back, 1/8 R Side

1 Step L behind

2&3½ R Step R forward, Lock L behind R, Step R forward (6.00)

4 1/8 L Point L forward while bending R knee (4.30)

5¼ R Flick L while straightening R knee (7.30)

6&7 Rock L forward, Recover, Step L back

8 1/8 R Step R to R (9.00)

Tag: Pivot Turn 2x

1 2 Step L forward, ½ R Step R forward

3 4 Step L forward, ½ R Step R forward

(after Wall 2 and Wall 6)

Restarts:

Wall 4 after 16 counts.

Wall 8 after 20 counts.

Dance with your soul and let it speak for itself

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