

# It's Good To Be Alive

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Darren Mitchell - July 2017

**Music:** Good Time To Be Alive - Lady Antebellum. Album: Heartbreak.

**(Intro: 16 counts)**

**FORWARD, FORWARD-BACK-1/2 TURN,  $\frac{3}{4}$  TURN, BEHIND-SIDE-ACROSS, SIDE-BEHIND-ACROSS**

- 1** Step R forward,
- 2&3** Step L forward, rock back onto right, turn 180 degrees left step L forward, (6:00)
- 4&5** Step R forward, turn 270 degrees left take weight onto left, step R to the side, (9:00)
- 6&7** Step L behind right, step R to the side, step L across in front of right,
- 8&1** Step R to the side, step L behind right, step R across in front of left.

**SIDE SHUFFLE, ACROSS-BACK-BACK, ACROSS-BACK-BACK-TOUCH**

- 2&3** Side shuffle to the left: L-R-L,
- 4&5** Step R across in front of left, step L back at 45 degrees left, step R back at 45 degrees right,
- 6&7** Step L across in front of right, step R back at 45 degrees right, step L back at 45 degrees left,

**8(\*) Touch R together. (9:00)**

**TOGETHER, FORWARD, FORWARD-TOGETHER, PIVOT TURN, FORWARD, FORWARD-TOGETHER, FORWARD, TOUCH**

- &1,2** Step R together, step L forward, step R forward,
- &** Step L together,
- 3,4** Pivot turn: step R forward, turn 180 degrees left take weight onto left, (3:00)
- 5,6** Step R forward, step L forward,

**&7,8(\*\*) Step R together, step L forward, touch R together.**

**SIDE, ROCK-TOGETHER, SIDE, ROCK-TOGETHER, FORWARD, BACK,  $\frac{1}{2}$  TURN, FORWARD, TOUCH**

- 1,2&** Step R to the side, side rock onto left, step R together,

**3,4&** Step L to the side, side rock onto right, step L together,  
**5,6** Step R forward, rock back onto left,  
**&** Turn 180 degrees right step R forward,  
**7,8** Step L forward, touch R together. (9:00)

**[32] REPEAT**

**Restarts:-**

**Restart 1 On wall 3, dance to count 16 (\*) then restart the dance again facing 3 0'clock.**

**Restart 2 On wall 6, dance to count 24 (\*\*) then restart the dance again facing 12 0'clock**

**Restart 3 On wall 7, dance to count 16 (\*) then: step R back, rock forward onto left and restart the dance again facing 9 0'clock**