

# Good to be Alive

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**Count:** 32      **Wall:** 4      **Level:** Absolute Beginner

**Choreographer:** K. Sholes - Sept 2016

**Music:** Good to be Alive by Meghan Trainor

## Section 1: Sway, Hold X4 (Clapping hands overhead)

**1-4**      Sway R to side, Hold, Sway L to side, Hold,

**5-8**      Sway R to side, Hold, Sway L to side, Hold.

## Section 2: Rocking chair, 1/4 turn, Flick, Step-lock-step

**1-4**      Rock R forward, Recover L, Rock R back, Recover L,

**5 6 7&8**      Step R forward, Turn 1/4 left & flick L back, Step R forward, Lock L behind R, Step R forward.

## Section 3: Toe strutt X2, Jazz box

**1-4**      Step L toe forward, Step on L, Step R toe forward, Step on R,

**5-8**      Cross L over R, Step R back, Step L to side, Cross R over L.

## Section 4: Rock, Recover X2 Step, Toe tap, Heel tap, Flick

**1-4**      Rock L to side, Recover R, Cross rock L over R, Recover R,

**5-8**      Step L to side, Tap R toe in, Tap R heel out, Flick L back.

**Begin Again! Enjoy!**