

LIVING GOOD

Choreographer: John Warnars (NL) Feb. 2015

Walls : 4 wall line dance

Niveau : Improver

Counts : 32 - 112 bpm - intro 16 counts (0:13 sec.)

Info : Restart at wall 4, after 16 counts.

Music : Craig Mortiz & Curtis Grambo – I Got Mexico (CD single)

Bron : www.linedancerjohn.nl Email: johnwarnars@hotmail.com / johnwarnars@gmail.com

L SIDE STEP, CROSS ROCK (back), RECOVER,

R SIDE SHUFFLE, CROSS ROCK (back), RECOVER,

L SIDE SHUFFLE with ¼ R;

- | | | |
|---|----|--------------------------------|
| 1 | LF | step L to left side |
| 2 | RF | cross rock R behind L |
| 3 | LF | recover back on L |
| 4 | RF | step R to R side |
| & | LF | step L next to R |
| 5 | RF | step R to R side |
| 6 | LF | cross rock L behind R |
| 7 | RF | recover back on R |
| 8 | LF | step L to L side |
| & | RF | step R next to R |
| 1 | LF | ¼ turn R, L step backwards (3) |

ROCK (fwd), RECOVER, L LOCKSTEP (back),

½ SHUFFLE TURN R, CROSS ROCK, RECOVER;

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|---|----|--------------------------------|
| 2 | LF | rock L forwards |
| 3 | RF | recover back on R |
| 4 | LF | L step backwards |
| & | RF | step R across L (lock) |
| 5 | LF | L step backwards |
| 6 | RF | ¼ turn R, R step to R side (6) |
| & | LF | step L next R |
| 7 | RF | ¼ turn R, step R forwards (9) |
| 8 | LF | cross rock L over R |
| & | RF | recover back on L |
| 1 | LF | start again. |

¼ R SIDE ROCK, RECOVER, R CROSS SHUFFLE,

L SIDE ROCK, RECOVER, L SAILOR STEP;

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|---|----|-------------------------------------|
| 2 | RF | ¼ turn R, rock R to R side (6) |
| 3 | LF | recover back on L |
| 4 | RF | cross step R over L |
| & | LF | step L to L side |
| 5 | RF | cross step R over L |
| 6 | LF | rock L to L side |
| 7 | RF | recover back on R |
| 8 | LF | cross step L behind R |
| & | RF | step R to R side |
| 1 | LF | step L to L side (<u>restart</u>) |

Restart:

*At 4th wall, after 16 counts,
(after count 8& of block 2) and restart the dance.*

CROSS ROCK (back), RECOVER,

R SIDE SHUFFLE with ¼ L, STEP (back),

HOOK, R LOCK STEP (fwd);

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|---|----|--------------------------------|
| 2 | RF | cross rock R behind L |
| 3 | LF | recover back on L |
| 4 | RF | step R to R side |
| & | LF | step L next R |
| 5 | RF | ¼ turn L, R step backwards (3) |
| 6 | LF | L step backwards |
| 7 | RF | tap with R toes over L (hook) |
| 8 | RF | step R forwards |
| & | LF | cross step L behind R (lock) |
| 1 | RF | step R forwards |