



Approved by:

*Vikki*  
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# Good To Be Alive

## 4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 – 4 5 – 6 7 – 8	<b>Grapevine Right, Together, Heel Twist, Heel, Hook</b> Step right to side. Cross left behind right. Step right to side. Step left beside right. Twist both heels left. Twist heels back to centre. Dig left heel forward to left diagonal. Hook left across right.	Grapevine Together Heel Twist Heel Hook	Right On the spot
<b>Section 2</b> 1 – 4 5 – 6 7 – 8 <b>Restart</b>	<b>Grapevine Left, Together, Heel Twist, Heel, Hook</b> Step left to side. Cross right behind left. Step left to side. Step right beside left. Twist both heels right. Twist heels back to centre. Dig right heel forward to right diagonal. Hook right across left. <b>Wall 8:</b> Start the dance again from the beginning.	Grapevine Together Heel Twist Heel Hook	Left On the spot
<b>Section 3</b> 1 – 4 5 – 8	<b>Forward Lock Step, Scuff, Step, Pivot 1/2, Step, Hold</b> Step right forward. Lock left behind right. Step right forward. Scuff left forward. Step left forward. Pivot 1/2 turn right. Step left forward. Hold. (6:00)	Right Lock Right Scuff Step Pivot Step Hold	Forward Turning right
<b>Section 4</b> 1 – 4 5 – 8 <b>Tag/Restart</b>	<b>Triple Full Turn, Scuff/Hitch, Run Back x 3, Hold</b> Triple step full turn left, stepping - right, left, right. Scuff and hitch left. Run back - left, right, left. Hold. <b>Walls 2, 5 and 10:</b> Dance 4-count Tag here then Restart the dance.	Full Turn Scuff/Hitch Run Run Run Hold	Turning left Back
<b>Section 5</b> 1 – 3 4 5 – 8	<b>Coaster Cross, Ronde Hitch 1/4, Prissy Walk With Hold x 2</b> Step right back. Step left beside right. Cross right over left. Ronde hitch left over right, turning 1/4 turn right. (9:00) Walk forward left. Hold. Walk forward right. Hold.	Coaster Cross Quarter Walk Hold Walk Hold	On the spot Turning right Forward
<b>Section 6</b> 1 – 4 5 – 8 <b>Restart</b>	<b>Mambo Forward, Hitch, Back, Sit Down, Sit Up, Scuff</b> Rock forward on left. Rock back on right. Step left back. Hitch right. Step right back. Dip down (sit down). Straighten up (sit up). Scuff right to side. <b>Wall 3:</b> Start the dance again from the beginning.	Mambo Forward Hitch Back Down Up Scuff	On the spot
<b>Section 7</b> 1 – 2 3 – 4 5 – 8	<b>Grapevine 1/4 Turn, Hold, Step, Pivot 1/4, Cross, Hold</b> Step right to right side. Cross left behind right. Turn 1/4 right stepping right forward. Hold. (12:00) Step left forward. Pivot 1/4 turn right. Cross left over right. Hold. (3:00)	Side Behind Quarter Hold Step Pivot Cross Hold	Right Turning right
<b>Section 8</b> 1 – 2 3 – 4 5 – 6 7 – 8	<b>Side Strut, Cross Strut, Rocking Chair</b> Step right toe to right side. Drop right heel taking weight. Cross left toe over right. Drop left heel taking weight. Rock right forward on right diagonal. Recover onto left. Rock back on right. Recover onto left.	Side Strut Cross Strut Rock Forward Rock Back	Right On the spot
<b>Tag</b> 1 – 4	<b>Danced during Walls 2, 5 and 10: Back Rock, Heel, Hook</b> Rock back on right. Recover onto left. Dig right heel forward. Hook right over left. Then Restart the dance.	Rock Back Heel Hook	
<b>Ending</b>	<b>After triple full turn in section 4 (facing 3:00):</b> Step left forward. Pivot 3/4 right. Step right to right side. Ta Dah!!		

**Choreographed by:** Vikki Morris (UK) April 2014

**Choreographed to:** 'It's Good To Be Alive' by Imelda May from CD Single; download available from amazon or iTunes (32 count intro - start on word 'thoughts')

**Restarts/Tags:** Two Restarts - Walls 3 and 8  
 One 4-count Tag danced 3 times (during Walls 2, 5 and 10), then Restart



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)