

That Is the Good Life

COPPER **KNOB**
STEPSHEETS

Compte: 32

Mur: 2

Niveau: High Beginner

Chorégraphe: Chloé Ourties (FR) & Daniel Trepât (NL) - January 2026

Musique: The Good Life - Foxxi



Intro: 16 counts from first beat in music (app. 10 seconds into track)

[1 – 8] Step Fwd, Point L, Sailor Step, Jazz Box ¼ Turn R

- 1 – 2 Step R Forward (1), Point L to L side (2) 12:00
- 3 & 4 Cross L behind R (3), Step R to R side (&), Step L to L side (4) 12:00
- 5 – 6 Cross R over L (5), Turn ¼ R stepping L back (6) 3:00
- 7 – 8 Step R to R side (7), Step L forward (8) 3:00

[9 – 16] Walk Fwd R L, Mambo Step, Walk Back L R, Anchor Step

- 1 – 2 Step R forward (1), Step L forward (2) 3:00
- 3 & 4 Rock R forward (3), Recover on L (&), Step R back (4) 3:00
- 5 – 6 Step L back (5), Step R back (6) 3:00
- 7 & 8 Step L slightly behind R (7), Recover on R (&), Recover on L (8) 3:00

[17 – 24] Bump & Step x2, Rock Step Fwd, Slide with ¼ Turn R

- 1 & 2 Step R forward bumping R hip forward (1), Recover on L (&), Step R forward (2) 3:00
- 3 & 4 Step L forward bumping L hip forward (3), Recover on R (&), Step L forward (4) 3:00
- 5 – 6 Rock R forward (5), Recover on L (6) 3:00
- 7 – 8 Turn ¼ R sliding R to R side (7), Step L next to R (8) 6:00

[25 – 32] Step Taps R L with Hip Rolls, Sway R L R L

- 1 – 2 Step R to R while doing a hip roll counterclockwise (1), Tap L to L side (2) 6:00
 - 3 – 4 Step L to L while doing a hip roll clockwise (3), Tap R to R side (4) 6:00
 - 5 – 6 Step on R & sway to R side (5), Step on L & sway to L side (6) 6:00
 - 7 – 8 Step on R & sway to R side (7), Step on L & sway to L side (8) 6:00
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