

# It's Good To Be Alive

Choreography by: Karen Tripp (revised by Cheri Posedel)

Artist: Imelda May CD: Tribal

**Lesson Three** EZ + Left Foot Lead: 16 Count Wait

<b>Part A</b>	2 Turkey Basics	(8)	<b>Part A</b>	2 Turkey Basics	(8)
	1 Rock Back	(4)		1 Rock Back	(4)
	1 Triple Stomp 2 ½ R	(4)		1 Triple Stomp 2 ½ R	(4)
	<b>REPEAT TO FRONT</b>			<b>REPEAT TO FRONT</b>	
<b>Part B</b>	2 Cowboy 1/2L ea.	(16)	<b>Part B</b>	2 Cowboy 1/2L ea.	(16)
	2 Slow Stomps	(2)		2 Slow Stomps	(2)
<b>Part C</b>	2 Flatlander	(8)	<b>Part C*</b>	2 Flatlander	(8)
	2 Basics	(4)		2 Basics	(4)
	1 Fancy Double	(4)		1 Fancy Double 1/2L	(4)
				<b>REPEAT TO FRONT</b>	
<b>Bridge</b>	2 Long Charlestons	(8)	<b>Bridge</b>	2 Long Charlestons	(8)
<b>Part A</b>	2 Turkey Basics	(8)	<b>Ending</b>	1 Triple Stamp fwd.	(4)
	1 Rock Back	(4)		1 Triple Stomp 2 Back	(4)
	1 Triple Stomp 2 ½ R	(4)			
	<b>REPEAT TO FRONT</b>				
<b>Part B</b>	2 Cowboy 1/2L ea.	(16)			
	2 Slow Stomps	(2)			
<b>Part C</b>	2 Flatlander	(8)			
	2 Basics	(4)			
	1 Fancy Double	(4)			
<b>Part D</b>	1 Clogover Vine L	(8)			
	1 Rooster Run R	(4)			
	1 Charleston Brush	(4)			
	2 Boogie Basics	(4)			
	1 Triple 1/2 R	(4)			
	<b>REPEAT TO FRONT</b>				
<b>Bridge</b>	2 Long Charlestons	(8)			

## Step Breakdown: It's Good To Be Alive

### **TURKEY BASIC (4)**

\*diag

*DRAG	HEEL	SNAP	STEP	DS	RS
R L	L R	R	L	RL	
& 1	&	2	&3	&4	

### **ROCK BACK (4)**

DS BALL(b)	STEP(b)	BALL(b)	STEP(b)	BALL(b)	STEP(b)
L R	L R	L R	L R	L R	L R
&1 &	2	&	3	&	4

### **TRIPLE STOMP 2 (4)**

DS DS	DS	STOMP	STOMP
L R	L R	R	R
&1 &2	&3	&	4

### **COWBOY (8)**

DS(f)	DS(f)	DS(f)	BR(xif)	L/C	DS(xif)	BALL(b)	STEP(xif)	BALL(b)	STEP(xif)	BALL(b)	STEP(xif)
L R	L R	L R	R	R/L	R	L	R	L	R	L	R
&1	&2	&3	&	4	&5	&	6	&	7	&	8

### **2 SLOW STOMPS (2)**

STOMP	STOMP
L	R
&1	&2

### **FLATLANDER (4) aka Hard Step**

DT(b - diag. R)	CLICK	BRUSH(f)	L/C	DS(face front)	RS
L	R	L	L/R	L	RL
&	1	&	2	&3	&4

### **TRIPLE (4)**

DS DS	DS	RS		<b>BASIC (2)</b>
L R	L	RL		DT
&1 &2	&3	&4		STEP
				BALL
				STEP
				L
				L
				R
				L
				&
				1
				&
				2

### **FANCY DOUBLE (4)**

DS DS	RS	RS
L R	LR	LR
&1 &2	&3	&4

### **LONG CHARLESTON (4) aka Charleston Southern Style**

DS TCH(xif)	CLICK	BALL(xib)	HEEL(xib)	TCH(xib)	CLICK
L R	L	R	R	L	R
&1 &	2	&	3	&	4

### **CLOGOVER VINE (8)**

DS(ots)	DS(xif)	DS(ots)	DS(xib)	DS(ots)	DS(xif)	DS(ots)	RS
L	R	L	R	L	R	L	RL
&1	&2	&3	&4	&5	&6	&7	&8

### **ROOSTER RUN (4) aka Vine Over Jog**

DS DS(xif)	BALL(os)	BALL(xib)	BALL(os)	STEP(xif)	(Moving Left)
L R	L	R	L	R	
&1 &2	&	3	&	4	

### **CHARLESTON BRUSH (4)**

DS TCH(xif)	CLICK	TCH(xib)	CLICK	BRUSH	L/C
L R	L	R	L	R	R/L
&1 &	2	&	3	&	4

### **BOOGIE BASIC (2)**

DS	R(xib)	S
L	R	L
&1	&	2

### **TRIPLE STAMP (4) (move fwd on runs)**

DS DS	DS	STAMP	L/C
L R	L	R	R/L
&1 &2	&3	&	4