

# It's Good to be Alive

Music: It's Good to be Alive by Imelda May  
Choreo: Karen Tripp, [karen@trippcentral.ca](mailto:karen@trippcentral.ca), January 2017

Genre: Pop  
Level: Beginner

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Sequence: Wait 16, A-B-C-Bridge 1-A-B-C-Bridge 2-Bridge 1-A-B-C-C-Bridge 1-End

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## PART A

(4) Rocking Chair 1/4L  
(4) Fancy Double  
*Repeat 3X to make a box*

## PART B

(16) 2 Cowboys, 1/2L ea  
(2) 2 Slow Stomps

## PART C

(8) 2 Hard Steps (aka Flatlander)  
(4) 2 Basics  
(4) Fancy Double

## BRIDGE 1

(8) 2 Charlestons

**Repeat PART A:** Rocking Chair 1/4L, Fancy Double, *Repeat 3X to make a box*

**Repeat PART B:** 2 Cowboys 1/2L ea, 2 slow stomps

**Repeat PART C:** 2 Hard Steps, 2 Basics, 1 Fancy Double

## BRIDGE 2

(16) 2 Clogover Vines L&R  
(4) Triple Forward  
(4) Rock Back

**Repeat BRIDGE 1:** 2 Charlestons

**Repeat PART A:** Rocking Chair 1/4L, Fancy Double, *Repeat 3X to make a box*

**Repeat PART B:** 2 Cowboys 1/2L ea, 2 slow stomps

**Repeat PART C:** 2 Hard Steps, 2 Basics, 1 Fancy Double

**Repeat PART C:** 2 Hard Steps, 2 Basics, 1 Fancy Double

**Repeat BRIDGE 1:** 2 Charlestons

## END

(4) Triple Stamp Forward  
(4) Triple Stomp Stomp Back