

# That Is the Good Life

Count: 32

Wall: 2

Level: High Beginner

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

Music: 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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