



Good Time Good Life

High Int.

Erin Bowman

Music: Erin Bowman, CD: Good Time Good Life
 Choreo: Gunnar Lanatowitz (May 2019)
 23. ECTA Clog Convention, 17.-19.05.2019, Loccum
 26. Weser Ems & Friends, 10.06.2023, Cloppenburg

3:05
 113 bpm

Wait 16 beats

Sequence: **A B C B A C D C D C E C***

Part A (32)

Rhythm Rocks DS DT S S RS DS DT S S RS DS RS
 L R R L RL R L L R LR L RL
 &1 e& a 2 &3 &4 e& a 5 &6 &7 &8

Bella Click DS HOP H(xif) S HOP S(ots) SLR S(xib) RS DT BA(heels out) CLK Drop(H) RS
 R R R L L L R L L RL R bt bt L RL
 &1 & a 2 & 3 & 4 &5 & 6 & 7 &8

Repeat all above opposite footwork

Part B (16)

3 Pothole |----- 1/4L -----|
 DT BA(heels out) CLK(H) UP/H turn 1/4 L
 L,R,L L -----both----- R L
 & 1 & 2

Heel Rock Step H(if) RS
 R RL
 1 &2

Repeat all above opposite footwork and direction

Part C (32)

Scots DS SL S SL RS SL
 L L R R LR R
 &1 & 2 & 3& 4

half Modified DS DT(xif) H DT(unx) H TCH S/H |1/4L| turn 1/4 L
 Scotty L R L R L R R L
 &1 & 2 & 3 & 4

short Omi R H(ots) R S(xif)
 L R R L
 & 1 & 2

Basic |1/4L|
 DS RS turn 1/4 L
 R R LR
 &1 &2

Kick Heels DS KK(ots) KK(xif) KK(ots) S KK(ots) KK(xib)
 L R R R R L L
 &1 & 2 & 3 & 4

Repeat all above as written

Part D (32)

Slap & Turn DT/DR UP/SL DR S R(if) S KK/DR UP/SL |--- 1/4R ---| turn 1/4 R
 L R L R R L R L R L R L
 & 1 & 2 & 3 & 4

Eric DS DT(b) SL R H(w) RS
 R L R L R LR
 &1 & 2 & 3 &4

Repeat all above as written three more times

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Sequence: **A B C B A C D C D C E C***

Part E (32)

Ira's Step	DS TCH(xib) HOP S(ots) TCH(xib) HOP S
	L R L R L R L
	&1 & 2 & 3 & 4

	--3/4R--	
Stomp Double	STO DS DS RS	turn 3/4 R
R	R L R LR	
	1 &2 &3 &4	

Repeat all above as written three more times

Part C* (6)

Scots	DS SL S SL RS SL
	L L R R LR R
	&1 & 2 & 3& 4

Double Step	DS SL
& Slide	L L
	&1 &
