



## Step Definitions - The Good Life

### CLOGVINE SWISH:

DS (OTS) H-S (XIF) DS (OTS) TT-S (XIB) DS (OTS) H-S (XIF)  
L R R L R R L R R  
&1 & 2 &3 & 4 &5 & 6  
DT [BA/BA] (H'S OUT) [BA/BA] (H'S IN) SL/LIFT  
L L /R L /R L / R  
& 7 & 8

### ROCK BASKETBALL BASIC:

R S (FWD) PVT (L) S DS RS  
L R R L R LR  
& 1 & 2 &3 &4

### SNAKE GOAT:

DS H (WGT XIF TW) S (OTS) R (BK) S (OTS) H (WGT XIF TW) S (OTS)  
R L R L R L R  
&1 & 2 & 3 & 4  
DS BA (XIF) BA (OTS) BA (OTS) BA (XIF) BA (XIB) SL  
L R L R L R R  
&5 & 6 & 7 & 8

### APPALACHIAN STOMP: (In this dance move FWD on beats 1-4 & BK on beats 5-8)

DS-DR S S-DR S S DS DS DS STO STO  
L L R L L R L R L R  
&1 & 2 & 3 & 4 &5 &6 &7 & 8

### VINE: (In this dance clap on &4)

DS (OTS) DS (XIB) DS (OTS) RS  
L R L RL  
&1 &2 &3 &4

### BUGLE CALL:

(P) STO DS (P) STO DS (P) STO DS DS STA-STO  
L R L R L R L R R  
& 1 &2 & 3 &4 & 5 &6 &7 & 8

### LORI SWITCH:

DS DT H DT HD/BA BA/HD SL/LIFT  
L R L R L/R L /R L / R  
&1 & 2 & 3 & 4

### BASIC FLARE:

DS RS DT (FLR) SL R (XIB) S (XIF)  
R LR L R L R  
&1 &2 & 3 & 4

### ROCK SLUR QUICK TURKEY: (In this dance, when directed turn 1/4 R on beats 3 to 5)

R S (OTS) SLR-S (XIB) R S (OTS) SLR-S (XIB) R H-FL (OTS) BA (XIB) R (OTS) H-FL (OTS) S (XIB)  
L R L L R L R R L R R L R L L R  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

### CABBAGE SLAP:

DS DS STO (F) STO (F) SLAP-S (BK) SLAP-S (BK) STO (F) STO (F) SLAP-S (BK) SLAP-S (BK)  
L R L R L L R R L R L L R R  
&1 &2 & 3 & 4 & 5 & 6 & 7 & 8

### TRAVELLING PIVOT:

DS (OTS) DS (XIF) DS (OTS) PVT (R) / LOOP-S (BK)  
L R L L / R R  
&1 &2 &3 & 4

### ROCK PULL STAMP STOMP:

(In this dance move FWD on 1)

R S (DIAG) PULL-S (BS) (P) STA STO  
R L R R L L  
& 1 & 2 & 3 &

### MOUNTAIN GOAT TOE SLIDE:

DS BA (XIF) BA (OTS) BA (OTS) BA (XIF) BA (XIB) SL RS BA-SL RS BA-SL  
L R L R L R R LR L L RL R R  
&1 & 2 & 3 & 4 &5 & 6 &7 & 8

### ROCKER:

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

### SIMONE:

DT (BK) SL BR SL TCH (XIF) SL TCH (XIF) SL TCH (F) SL TCH (XIF) SL DS RS  
R L R L R L R L R L R L R LR  
& 1 & 2 & 3 & 4 & 5 & 6 &7 &8

### ROCK OUT BASIC:

R (OTS) S R (BK) S DS RS  
L R L R L RL  
& 1 & 2 &3 &4

### JOEY:

DS BA (XIB) BA (OTS) BA (OTS) BA (XIB) BA (BS) S  
L R L R L R L  
&1 & 2 & 3 & 4