

Always Alive

COPPERKNOB
BYEPOSTHEAT

Count: 32

Wand: 4

Ebene: Improver west coast swing

Choreograf/in: Louise Elfvengren (NOR)

Musik: Stayin' Alive - Bee Gees



UNWIND ½ TURN RIGHT, LEFT SHUFFLE FORWARD, START 12:00, RIGHT SIDE ROCK RECOVER, CROSS SHUFFLE

- 1-2 Touch right toe behind left, unwind ½ turn (weight ends on right) (6:00)
- 3&4 Step left forward, close right beside left, step left forward
- 5-6 Rock right to right side, recover onto left
- 7&8 Cross right over left, step left to left side, cross right over left

KICK LEFT FOOT SIDEWAYS, LEFT FOOT BEHIND RIGHT, CHASSE RIGHT, STEP TURN RIGHT, SHUFFLE FORWARD LEFT FOOT

- 1-2 Kick left foot sideways, step left foot behind right foot
- 3&4 Step right foot to side, close left to right, step right foot to side
- 5-6 Step left foot forward turn ½ and step right forward (12:00)
- 7&8 Step left forward, close right beside left, step left forward

FULL LEFT TURN FORWARD, STEP RIGHT AND TOUCH LEFT, STEP TURN RIGHT, SHUFFLE FORWARD LEFT FOOT

- 1-2 Step right foot forward turn over left shoulder back to 12:00
- 3-4 Step right to right side, touch left beside right
- 5-6 Step left foot forward turn ½ and step right forward (6:00)
- 7&8 Step left forward, close right beside left, step left forward

Option: instead of full turn walk right left

2 PADDLES LEFT WITH RIGHT FOOT HALF TURN, KICK BALL STEP RIGHT FOOT, QUARTER TURN LEFT

- 1-4 Weight on left foot, paddle 2x¼ turns with right foot (half turn) (12:00)

Lift right foot when paddle and shoulders up and down when paddling

- 5&6 Kick right foot, step down on right ball and step left foot beside right
- 7-8 Step forward on right foot and turn a quarter stepping left (9:00)

REPEAT

TAG

With Bee Gees & Ozzy's tracks, finish wall 3to count 16, then add the following 4 counts and restart from the top

KICK BALL STEP RIGHT FOOT, QUARTER TURN LEFT

- 5&6 Kick right foot, step down on right ball and step left foot beside right (6:00)
- 7-8 Step forward on right foot and turn a quarter stepping left

Restart from section 1 facing 3:00
