

Alive And Free

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Ronnie James (UK)

Musik: Who Wouldn't Wanna Be Me - Keith Urban



SIDE, TOGETHER, RIGHT CHASSE, ROCK BACK, RECOVER, LEFT CHASSE

- 1-2 Step right to side, step left next to right
- 3&4 Chasse right on right, left, right
- 5-6 Rock back on left, recover on right
- 7&8 Chasse left on left, right, left

CROSS, SIDE, BEHIND, ROCK, RECOVER, CROSS, RIGHT CHASSE

- 9-12 Cross right over left, step left to side, cross right behind left, rock left on left
- 13-14 Recover on right, cross left over right
- 15&16 Chasse right on right, left, right

ROCK BACK, RECOVER, STEP FORWARD, ½ TURN, LEFT CHASSE, ROCK BACK, RECOVER

- 17-20 Rock back on left, recover on right, step forward on left, ½ turn right on to right
- 21&22 Chasse left on left, right, left
- 23-24 Rock back on right, recover on left

MONTEREY ½ TURN, RIGHT CHASSE, ROCK BACK, RECOVER

- 25-26 Touch right to side, on ball of left make ½ turn right
- 27-28 Touch left to left side, step left next to right
- 29&30 Chasse right on right, left, right
- 31-32 Rock back on left, recover on right

SHUFFLE FORWARD, STEP FORWARD, ½ TURN, SHUFFLE FORWARD, STEP FORWARD, ½ TURN

- 33&34 Shuffle forward on left, right, left
- 35-36 Step forward on right, ½ turn left on to left
- 37&38 Shuffle forward on right, left, right
- 39-40 Step forward on left, ½ turn right on to right

SKATE FORWARD TWICE, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ¾ TURN

- 41-42 Skate forward on left and right
- 43&44 Shuffle forward on left, right, left
- 45-46 Rock forward on right, recover on left
- 47&48 ¾ turn right on right, left, right

ROCK FORWARD, RECOVER, COASTER STEP, ROCK FW D, RECOVER, SHUFFLE ½ TURN

- 49-50 Rock forward on left, recover on right
- 51&52 Step back on left, step right next to left, step forward on left
- 53-54 Rock forward on right, recover on left
- 55&56 Shuffle ½ turn right on right, left, right

TURN, TURN, SHUFFLE FORWARD, ROCKING CHAIR

- 57-58 ½ turn right stepping back on left, ½ turn right stepping forward on right
- 59&60 Shuffle forward on left, right, left
- 61-64 Rock forward on right, recover on left, rock back on right, recover on left

REPEAT

