

I'm Alive (生命多美好) (zh)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Keith Strobe (UK) - 2002年03月

Music: I'm Alive - Céline Dion



第一段 Walk x 2. Right Mambo Step. Left Back Lock Step. Touch ½ Turn Right
走走, 前曼波, 後鎖步, 後點, 轉

1-2 Walk forward right. Walk forward left. 前走2步 (右足、左足)

3&4 Rock forward on right. Rock back onto left. Step right beside left
曼波步 (右足前下沉, 左足後回復, 右足在左足旁踏)

5&6 Step back on left. Step right across in front of left. Step back on left. 後鎖步 (左足後踏, 右足交叉於左足前踏, 左足後踏)

7 Touch right toe back. 右足趾後點

8 On ball of left pivot ½ turn right. (weight remains on left)
以左足掌右後轉 (重心在左足)

第二段 Right Forward Shuffle. Rock & Cross. ½ Right Monterey Turn. Left Lock Step 前交換, 曼波交叉, 蒙特瑞轉, 前鎖步

1&2 Step forward on right. Step left beside right. Step forward on right.
向前交換步 (右足前踏, 左足在右足旁踏, 右足前踏)

3&4 Rock left to left side. Rock back onto right. Cross left over right 左足左下沉, 右足後下沉, 左足交叉於右足前

5-6 Touch right toe to right side. Pivot ½ turn right stepping right beside left. 蒙特瑞右後轉 (右足趾右側點, 右後轉)

7&8 Step forward on left. Lock right behind left. Step forward on left. 前鎖步 (左足前踏, 右足在左足後踏, 左足前踏)

第三段 Toe Touches. Syncopated Toe Touches. Back Shuffle. Coaster Step.
前點 右點, 併點 右點 併點, 後交換, 海岸步

1-2 Touch right toe forward. Touch right toe to right side.
右足趾前點, 右足趾右點

3&4 Touch right toe beside left. Touch right toe to right side. Touch right to beside left. 右足趾併點, 右足趾右點, 右足趾併點

5&6 Step back on right. Step left beside right. Step back on right.
向後交換步 (右足後踏, 左足踏併, 右足後踏)

7&8 Step back on left. Step right beside left. Step forward on left
海岸步 (左足後踏, 右足踏併, 左足前踏)

第四段 Side. Behind. ¼ Turn Shuffle. Rock Step. Triple ½ Turn
右, 後, 1/4轉交換, 下沉 回復, 三步轉

1-2 Step right to right side. Cross step left behind right.
右足右側踏, 左足交叉於右足後踏

3&4 Step right ¼ turn right. Step left beside right. Step forward right. 右轉交換步 (右足右轉右踏, 左足踏併, 右足前踏)

5-6 Rock forward on left. Rock back onto right
左足前下沉, 右足後下沉

7&8 Triple ½ turn left stepping - Left, Right, Left
小三步左後轉 (左、右、左)

Big Finish: To fit with the music, after the ninth wall do the following.

