

# I'm Alive And Well

**COPPER** KNOB  
BY STEPHEN

Count: 32

Wall: 4

Level: Improver

Choreographer: Hana Ries (USA) - May 2014

Music: I'm Alive (with Dave Matthews) - Kenny Chesney



Alt. music:-

Since You Brought It Up by James Otto [No Tag]

Night of My Life by Group 1 Crew [No Tag]

Start dancing on vocals.

## SHUFFLE FWD, ROCK, RECOVER, ½ TURNING SHUFFLE, ¼ PIVOT

- 1&2 Step right fwd, step left next to right, step right fwd  
3,4 Rock left fwd, recover to right  
5&6 Turn ¼ left stepping left to side, step right next to left, turn ¼ left stepping left fwd  
7,8 Step right fwd, turn ¼ left stepping left to left (3:00)

## CROSS, SIDE STEP, BEHIND-SIDE-CROSS, ¼ TURN POINT, COASTER STEP

- 1,2 Step right across left, step left to left  
3&4 Step right behind left, step left to left, step right across left  
5,6 Step left to left, ¼ turn right pointing right toe forward  
7&8 Step right back, step left next to right, step right fwd (6:00)

## 1¼ TURN RIGHT, TOE TOUCH, SWAY, POINT, SWAY, KICK

- 1,2 ½ turn right stepping left behind right, ½ turn right stepping right in front of left  
3,4 ¼ turn right stepping left to left, touch right toe next to left (9:00)  
5,6 Step right to right swaying hips to right, point left toe in place  
7,8 Sway hips left, kick right low in place

## SAILOR STEP, ROCK BACK, RECOVER, ROCK SIDE, RECOVER, CROSS, UNWIND

- 1&2 Step right behind left, step left to left, step right in place slightly apart from left  
3,4 Rock left diagonally back behind right, recover to right  
5,6 Rock left to left, recover to right  
7,8 Cross left over right, unwind ½ right (weight on left)

## REPEAT

**TAG: Add 10 count Tag after finishing wall #4 (facing 12:00), then Restart from beginning.**

## SHUFFLE FWD, ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER,

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

## HIP SWAYS

- 9,10 Step right next to left swaying hips right, sway hips left

Contact: [hana.ries@yahoo.com](mailto:hana.ries@yahoo.com)