

# Swayin' Alive

COPPER KNOB  
STEPSHEETS

Compte: 76

Mur: 4

Niveau: Intermediate



Chorégraphe: Aurora de Jong (USA) - August 2023

Musique: Stayin' Alive (feat. Wild Bill and the Bruisers) - Scott Bradlee's Postmodern Jukebox

Winning dance of heat 1, 2nd place overall in 2023 Windy City Line Dance Mania!

Restart after 68 counts of Wall 3

Restart after 16 counts of Wall 4 + 4 count tag

Optional arm movements are in italics. This song/dance has lots of opportunities for individual styling. Have fun with it!

**[1-8] Walk forward 2x (R-L), R side rock-recover-step forward, L charleston**

- 1-2 Step R forward (1), step L forward (2)
- 3&4 Rock R to right (3), recover to L (&), step R forward (4)
- 5-6 Kick L forward (5), step L back (6)
- 7-8 Touch or kick R back (7), step R forward

**[9-16] Walk forward 2x (L-R), L side rock-recover- step forward, R kick (2x), R ¼ right sailor (3:00)**

- 1-2 Step L forward (1), step R forward (2)
- 3&4 Rock L to left (3), recover to R (&), step L forward (4)
- 5-6 Kick or touch R forward (5), Kick or touch R to right (6)
- 7&8 ¼ right sailor: step R back turning ¼ right (7), step L to R (&), step R forward (slightly overturned to 4:00)

**\* Do the following tag after 16 counts of Wall 4, then restart:**

- Tag 1-4 L walk-R walk-L shuffle forward while turning 3/4 right. At this spot in the dance you'll be headed to 3:00.

**[17-24] L cross-R side step (2x), sway L and R, ¼ right L side rock-recover-step forward (6:00)**

- 1-2 Step L across R slightly bending knees for styling (1), step R to right, straightening knees (2)
- 3-4 repeat steps 1-2

**(Optional styling for counts 1-4: shoulder shimmies)**

- 5-6 Sway left (5), sway right (6)
- 7&8 Rock L to left, turning ¼ right to 6:00 (7), recover to R (&), step L forward (8)

**[25-32] ¼ right R cross-L side step, R cross-L side step, R cross mambo, L behind-side-cross (9:00)**

- 1,2 Step R across L slightly bending knees for styling, turning ¼ right to 9:00 (1), step L to left, straightening knees (2) (9:00)
- 3-4 Step R across L slightly bending knees for styling (1), step L to left, straightening knees (2)

**(Optional styling for counts 1-4: shoulder shimmies)**

- 5&6 Rock R across L (5), recover to L (&), step R back (6)
- 7&8 Step L behind R (7), step R (&), cross L over R (8)

**[33-40] Out-out-in-in, R and L heel switches, R side mambo (2x) with disco arms**

- 1&2& Step R to right (1), step L to left (&), step R back to home (2), step L back to home (&)
- 3&4& Extend R heel forward (3), step R back to L (&), extend L heel forward (4), step L back to R (&)

- 5&6 Rock R to right (5), recover to L (&), touch R to L keeping bulk of weight on L (6)

**(5&6 Optional disco arms: point R arm down to left (5), bring arm to hip height (&), point R arm up to right (6))**

- 7&8 Repeat counts 5&6, but place weight fully on R for count 8

**(7&8 Optional disco arms: same as counts 5&6)**

**[41-48] Out-out-in-in, L and R heel switches, L side mambo (2x) with disco arms**

1&2& Step L to left (1), step R to right (&), step L back to home (2), step R back to home (&)  
3&4& Extend L heel forward (3), step L back to R (&), extend R heel forward (4), step R back to L (&)  
5&6 Rock L to left (5), recover to R (&), touch L to R keeping bulk of weight on R (6)  
**(5&6 Optional disco arms: point L arm down to right (5), bring arm to hip height (&), point L arm up to left (6))**  
7&8 Repeat counts 5&6, but place weight fully on L for count 8  
**(7&8 Optional disco arms: same as counts 5&6)**

**[49-56] R paddle 3x counter-clockwise, side step, L cross mambo back, R cross mambo back**

1-2 Push R to right turning  $\frac{1}{8}$  left (1), push R to right turning  $\frac{1}{8}$  left (2)  
3-4 Push R to right turning  $\frac{1}{8}$  left (3), step R to right turning  $\frac{1}{8}$  left (4) (3:00)

**(Optional: classic jazz hands at shoulder height during counts 1-4)**

5&6 Rock L behind R (5), recover to R (&), step L next to R (6)

**(Optional hands: point both jazz hands down and right (5), hold (&), bring hands shoulder height (6))**

7&8 Rock R behind L (7), recover to L (&), step R next to L (8)

**(Optional hands: point both jazz hands down and left (7), hold (&), bring hands shoulder height (8))**

**[57-64] L paddle 3 x clockwise, side step, R cross mambo back, R bounce (2x) while raising arms**

1-2 Push L to left turning  $\frac{1}{8}$  right (1), push L to left turning  $\frac{1}{8}$  right (2)  
3-4 Push L to left turning  $\frac{1}{8}$  right (3), step L to to left turning  $\frac{1}{8}$  left (4) (9:00)

**(Optional: classic jazz hands during counts 1-4)**

5&6 Rock R behind L (5), recover to L (&), step R to L (6)

7-8 Bounce R heel (7), bounce R heel (8) (raise arms out to the sides and overhead during these 2 counts)

**[65-72] L bounce (4x) while bringing arms down, sway (4x)**

1-2 Step L slightly forward (1), bounce L heel (2)  
3-4 bounce L heel (3), bounce L heel (4)

**(bring arms slowly back down during counts 1-4)**

**\*Restart here during Wall 3**

5-6 Step R to right, swaying into R hip (5), sway L (6)

7-8 Sway R (7), sway L (8)

**(optional arms for counts 5-8: with arms at your sides and palms facing down, swing your arms back and forth with your sways)**

**[73-76] syncopated R V step with R flick**

1-2& Step R out and forward (1), step L out and forward (2), step R back and in (&)  
3-4 Step L back to R (3), flick R foot back, bending at the knee (4)

**Dance ends at 12:00 after 8 counts of Wall 6!**

**Have fun!**

**Last Update: 26 Oct 2023**

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