

You (Make Me Feel Alive)

Compte: 48

Mur: 4

Niveau: Intermediate

Chorégraphe: Emma Nickson (UK) & Daniel Griffiths (UK)

Musique: Alive - Jennifer Lopez



ROCK AND SLIDE, STEP TURN STEP, LUNGE, REPLACE, STEP ½ TURN, SWEEP ½ TURN

- 1&2 Rock right foot behind left, rock weight back onto left, step right foot out to right side turning a ¼ turn right (leaving weight on right)
- 3&4 Step forward left, pivot ½ turn over right shoulder, step forward left
- 5-6 Lunge forward while rocking weight onto right foot, rock weight back onto left
- 7-8 Step right into ½ turn over right shoulder, sweep left foot round touching it beside right completing a ½ turn right

ROCK, REPLACE, BEHIND SIDE CROSS, ROCK REPLACE, BEHIND SIDE TURN ¼

- 1-2 Rock left foot to left side, replace weight onto right
- 3&4 Step right foot behind left, step right foot to right side, step left foot over right
- 5-6 Rock right foot to right side, replace weight onto left
- 7&8 Step right foot behind left, step left foot into a ¼ left, step right foot forward

ROCK, REPLACE, & ROCK, REPLACE, ROCK, REPLACE & ROCK, REPLACE

- 1-2 Rock forward on left foot, replace weight on right foot
- & Step back on left foot
- 3-4 Rock back on right foot, replace weight on left foot
- 5-6 Rock forward onto right foot, replace weight on left foot
- & Step back on right foot
- 7-8 Rock back on left foot, replace weight on right foot

ROCK, REPLACE AND CROSS, UNWIND, SHUFFLE FORWARD, SWEEP ½ TURN, TOUCH

- 1-2 Rock left foot out to left side, replace weight onto right
- &3-4 Cross left foot over right foot, unwind a full turn to the right, touch left foot to right foot
- 5&6 Left shuffle forward, left, right, left
- 7-8 Sweep right toe around in front of left turning ½ turn to the right, touch right next to left

SLIDE BACK TWICE, SIDE ROCK, FULL TURN, SIDE SHUFFLE

- 1-2 Slide back on right foot, slide back on left foot
- 3-4 Rock right foot to right side, replace weight onto left foot
- 5-6 Step left foot to left side turning a ½ turn over left shoulder, step right foot down completing another ½ turn to the left
- 7&8 Side shuffle to the left, left, right, left

ROCK AND SLIDE, ¼ TURN, COASTER STEP, STEP PIVOT STEP, SIDE TOGETHER SLIDE

- 1&2 Rock right foot behind left, replace weight onto left foot, slide right foot to right side turning a ¼ turn over your left shoulder
- 3&4 Coaster step, stepping left foot back, right next to left, left foot forward
- 5&6 Step right foot forward, turn ½ turn over left shoulder putting weight onto left foot, step right foot forward
- 7& Step left foot to left to left side, step right foot to left foot
- 8 Slide left foot to left side placing weight on left

REPEAT

TAG

Danced once, on the second wall after count 32

HIP BUMPS, SLIDE

1-2-3 Bump hips right, left, right

4 Slide left foot to left side
