

Keep Us Alive

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Improver Cha Cha
编舞者: Heather Barton (SCO) - November 2014
音乐: Love Will Keep Us Alive - Eagles : (Album: Hell Freezes Over - iTunes)



#32 count intro - No Tags Or Restarts

[1-8] □ SIDE STEP RIGHT, ROCK BACK, SHUFFLE ¼ Left, STEP ½ Left, STEP TOGETHER, SIDE

1,2,3 Side long step to Right side, rock back Left, recover Right
4&5 ¼ turn L stepping Left forward, step Right beside Left, step forward on Left
6,7 Step Right forward, ½ turn over left shoulder
8&1 step Right to Right side, step Left beside Right, step Right to Right side

[9-16] □ CROSS SIDE, BEHIND SIDE CROSS, ¼ Left PRISSY WALKS, CROSS ROCK ¼ R STEP SIDE

2,3 Cross Left over Right, step Right to Right side,
4&5 Step Left behind Right, step Right to Right side, cross Left over Right
6,7 ¼ turn left cross walk Right over Left, cross walk Left over Right
8&1 Cross rock Right over Left, rec on Left, ¼ turn right stepping Right to Right side

[17-24] □ SKATE X2, SHUFFLE ¼ Left, ROCK REC, TRIPLE 1+1/2 Right, Rock on R

2,3 skate forward Left, skate forward Right
4&5 ¼ stepping Left forward, step Right beside Left, step forward on Left
6,7 Rock forward on Right, rec Left
8&1 ½ turn over right shoulder onto R, ½ turn over right shoulder onto L (travelling back), ½ turn over rocking forward on right

(Alternative for 8&1.... ½ Turn onto R, walk forward L, Rock R)

[25-32] □ ROCK REC, BACK LOCK STEP, ¼ turn R SWAY x2, SIDE STEP TOGETHER

2,3 Rec Left, step back on Right
4&5 Step back Left, cross Right over Left, step back Left
6,7 ¼ turn Right, step onto R & sway Right hip to right side , sway Left hip to left side
8& Step Right to Right side, step Left beside Right

Start dance again Happy Dancing

Note from Heather: My sister Lainy asked me if I would do a nice wee easyish dance to one of her favourite tracks , hope you like it sis xxx

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