

I'm Alive

拍数: 48 墙数: 4 级数: Improver
编舞者: Nathan Gardiner (SCO) - June 2015
音乐: I'm Alive - Céline Dion



Intro: 16 Count Intro From Heavy Beat; No Tags Or Restarts

SIDE, BEHIND SIDE CROSS, SIDE, ROCK RECOVER, 1/4 1/4 RIGHT

1-2&3-4 Step right to right side, Step left behind right, Step right to right side, Cross step left over left, Step right to right side
5-6 Rock back on left, Recover on right
7-8 Turn 1/4 right stepping back on left, Turn 1/4 right stepping right to to right side

CROSS ROCK RECOVER, CHASSE LEFT, JAZZ BOX CROSS

1-2 Cross rock left over right, Recover on right
3&4 Step left to left side, Step right next to left, Step left to left side
5-8 Cross step right over left, Step back on left, Step right to right side, Cross step left over right

STEP RIGHT, HOLD, BALL STEP RIGHT, TOUCH, STEP LEFT, HOLD, BALL STEP LEFT, TOUCH

1-2&3-4 Step right to right side, Hold, Step ball of left next to right, Step right to right side, Touch left next to right
5-6&7-8 Step left to left side, Hold, Step ball of right next to left, Step left to left side, Touch right next to left

ROCK RECOVER, COASTER STEP, CROSS, 1/4 TURN LEFT, COASTER STEP

1-2 Rock forward on right, Recover on left
3&4 Step back on right, Step left next to right, Step forward on right

Option: Triple Full Turn Right

5-6 Cross step left over right, Turn 1/4 left stepping back on right
7&8 Step back on left, Step right next to left, Step forward on left

STEP PIVOT 1/2 LEFT, SHUFFLE FORWARD, ROCK RECOVER, COASTER STEP

1-2 Step forward on right, Turn 1/2 pivot left
3&4 Step forward on right, Step left next to right, Step forward on right
5-6 Rock forward on left, Recover on right
7&8 Step back on left, Step right next to left, Step forward on left

ROCK RECOVER, 1/2 TURN SHUFFLE RIGHT, FULL TURN RIGHT, STEP TOUCH

1-2 Rock forward on right, Recover on left
3&4 1/2 Turn shuffle right stepping Right, Left, Right
5-6 Turn 1/2 right stepping back on left, Turn 1/2 right stepping forward on right
7-8 Step forward on left, Touch right next to left

Start Again.....Happy Dancing

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