

# Alive And Well

COPPER KNOB  
STEPSHETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Dancedance - July 2015  
音乐: I'm Alive - Céline Dion



Dance starts 24 counts after the drum starts

**[1-8] □ Step hold, Back rock, Step hold, Back rock**

1 2 3 4      Step L to left, hold, R step slightly behind L, recover L  
5 6 7 8      Step R to right hold, L step slightly behind R, recover R (12:00)

**[9-16] □ Step, Pendulum kicks, Shuffle forward R, L □**

1 2 3 4      L step forward, kick R forward, kick back and kick ¼ left forward (9:00)  
5 & 6      Step R forward, step L behind R, step R forward  
7 & 8      Step L forward, step R behind L, step L forward

**[17-24] □ Rock recover, Shuffle back R L, Back rock recover**

1 2 3&4      Step R forward, recover L, Step R back, step L cross R, step R back  
5&6 7 8      Step L back, step R cross L, step L back, Step R back, recover L

**[25-32] □ Vine R touch, Vine L step**

1 2 3 4      Step R to right, L behind, Step R to right, L touch beside  
5 6 7 8      Step L to left, R behind, Step L to left, Step R beside L (9:00)

**Start again.**

**Note: At the end of the 7th wall (facing 3:00) hold 4 counts, and slowly raise both hands up.**

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