

# Staying Alive

拍数: 72      墙数: 1      级数: Phrased Fun Dance  
编舞者: Ivonne Verhagen (NL) - March 2017  
音乐: Stayin' Alive (Glee Cast Version) - Glee Cast : (iTunes)



Dance starts after 24 counts

## PART A: 32 counts

### A1: 3 X WALK FORWARD, KICK, 3X WALK BACK, TOUCH

1,2,3,4      RF step forward, LF step forward, RF step forward, LF kick forward  
5,6,7,8      LF step back, RF step back, LF step back, RF touch

### A2: SIDE, CLOSE, SIDE, TOUCH, SIDE, CLOSE, SIDE, TOUCH,

1,2,3,4      RF step side, LF close to RF, RF step side, LF touch  
5,6,7,8      LF step side, RF close to LF, LF step side, RF touch

### A3: RIGHT HIP HIGH, AND LOW, AND HIGH, AND STEP ON RF, (SAME WITH LEFT FOOT)

1&2      RF touch diagonal forward & push hip up, hip center, push hip down,  
&3&4      Push hip up, hip centre, RF step on RF  
5&6      LF touch diagonal forward & push hip up, hip center, push hip down,  
&7&8      Push hip up, hip centre, LF step on LF

### A4: TOE STRUT RIGHT (HANDMOVE) TOE STRUT LEFT (HANDMOVE) 4X STEP IN PLACE AND USE HANDS

1,2      RF touch side, clap heel down (make a rolling wheel with your hands right on level of your head)  
3,4      LF touch side, clap heel down (make a rolling wheel with your hands left on level of your head)  
5,6,7,8      4 X step in place (RF-LF-RF-LF), Push your elbows to the back 4x

### TAG

1-8      step in place RF-LF-RF-LF- RF-LF-RF-LF

## CHORUS (PART B) 40 COUNTS

### B1: MAMBO STEP FORWARD, MAMBO STEP BACK, POINTING ARMS UP AND DOWN

1&,2,3&4      RF rock forward, back on LF, RF step back, LF rock back, back on RF, LF step forward  
5,6,7,8      Point right finger right up, Point right finger left down, (2)

### B2: 4 X PADDLE ¼ TURN LEFT, POINTING ARMS UP AND DOWN

1,2,3,4      ¼ turn left & RF touch side, (4x)  
5,6,7,8      Point right finger right up, Point right finger left down, (2)

### B3: OUT, OUT, IN, IN, POINTING ARMS UP AND DOWN

1,2,3,4      RF step out, LF step out, RF step in, LF step in  
5,6,7,8      Point right finger right up, Point right finger left down, (2)

### B4: RIGHT ARM UP, BIT DOWN, BIT DOWN, DOWN (SNAPPING FINGERS), WAVE RIGHT ARM FROM DOWN TO UP

1,2,3,4      RF snap finger high right, a bit lower, a bit lower, and down  
5,6,7,8      Start move Right arm from down to up right side (KEEP IT UP)

### B5: WAVE LEFT ARM FROM DOWN TO UP (LEFT HAND), BOTH ARMS DOWN

1,2,3,4,      Start move Left arm from down to up right side  
5,6,7,8      Both arms moving down

**DANCE SEQUENCE: A-B-TAG-A-B-TAG-A-TAG-A-B-B**

**Have fun!**

**Contact: [www.ivonneenco.eu](http://www.ivonneenco.eu) - <http://www.youtube.com/user/ivonneverhagen>  
ivonne.verhagen70@gmail.com - Phone 0031 (0) 61514 3696**

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