

Man Alive

拍数: 32 墙数: 4 级数: Improver
编舞者: Pat Stott (UK), Hayley Wheatley (UK), Dave Morgan (UK) & Suzi Beau (ENG) -
April 2017
音乐: Last Man Alive - Shakin' Stevens



LDF Lydiate April 2017 – Dedicated to host Paul O'Connor

SECTION 1: TOE STRUT, CROSS STRUT, ROCKING CHAIR, TOE STRUT, CROSS STRUT, SIDE ROCK CROSS

1&2& Step onto ball of R to R side, Drop heel, Cross L over R Stepping on ball of L, drop heel
3&4& Rock fwd on R, recover on L, Rock back on R, recover on L facing 1:30
5&6& Step onto ball of R to R side, Drop heel, Cross L over R Stepping on ball of L, drop heel
7&8 Rock R to R side, Recover on L, Cross R over L Straighten up to 12:00

SECTION 2: CHASSE LEFT, 1/2 TURN RIGHT HITCH, CHASSE RIGHT, CROSS BACK HIP BUMP X3

1&2 Step L to L side, Close R to L, Step L to L side
&3&4 Turn 1/2 R on ball of L, Hitching R knee, Step R to R side, Close L to R, Step R to R side
5,6 Cross L over R, Step back on R
7&8 Step L to L side bumping hips L, Bump hips R, Bump hips L

SECTION 3: KICK RIGHT, STEP , KICK LEFT, STEP, KICK RIGHT, POINT RIGHT, KICK RIGHT , CROSS BACK, RIGHT CHASSE

1&2& Low kick R pointing toe forward rising up on ball of L, Step forward on R, Low kick L pointing toe forward rising up on ball of R, Step forward on L,
3&4 Low kick R across left , Point R back to R diagonal, Low kick R across L,
5,6 Cross R over L, Step back on L,
7&8 Step R to R side, Close L to R, Step R to R Side (Optional styling to move alternate shoulders up down up as you chasse)

SECTION 4: CROSS, 1/2 HINGE TURN, POINT RIGHT, 1/4 RIGHT, POINT LEFT, CROSS SHUFFLE

1,2 Cross L over R, Turn 1/4 L Stepping back on R
3,4 Turn 1/4 L Stepping L to L Side, Point R to R side
5,6 Turn 1/4 R Stepping fwd R, Point L to L side
7&8 Cross L over R, Step R to R side, Cross L over R

TAG AT THE END OF WALL 1 & 3

Tag will turn a full circle anti-clockwise, Right Heel Strut, Left Heel Strut, Right Lock Step, Left Heel Strut, Right Heel Strut, Left Lock Step (Clap hands as you drop toe down)

1&2& Step R heel fwd, Drop toe down making 1/8 turn L (Clap), Step L heel forward, Drop toe down making 1/8 turn L (Clap)
3&4 Step R fwd, Lock L behind R, Step R fwd, making 1/4 turn L
5&6& Step L heel forward, Drop toe down,(Clap) making 1/8 turn L, Step R heel fwd, Drop toe down making 1/8 turn L (Clap)
7&8 Step L fwd, Lock R behind L, Step fwd L making 1/4 turn L

Last Update - 9th May 2017