

He Is Alive

拍数: 32 墙数: 1 级数: Beginner
编舞者: Jane Yip (CAN) - June 2017
音乐: He Is Alive (祂又真又活) - Amy Sand (盛晓玫)



Introduction: 32 Counts

SECTION 1: □ FWD SHUFFLE X 2, JAZZ BOX ¼ TURN

1&2 3&4 RF forward shuffle RLR, LF forward shuffle LRL
5 6 7 8 RF cross over LF, LF step back, RF step ¼ turn R (3:00), LF step forward

SECTION 2: □ JAZZ BOX ¼ TURN, SIDE SHUFFLE, CROSS RECOVER SIDE

1 2 3 4 RF cross over LF, LF step back, RF step ¼ turn R (6:00), LF step forward
5&6 7&8 RF shuffle right RLR, LF cross over RF, Recover on RF, LF step to L

SECTION 3: □ STEP STOMP, TOE HEEL CROSS x 2, KICK BALL CHANGE

1 2 3&4 RF step in place, LF stomp beside RF and clap hands at the same time, Right toe touch beside LF, Right heel touch beside LF, RF cross over LF
5&6 7&8 Left toe touch beside RF, Left heel touch beside RF, LF cross over RF, RF kick forward, RF ball touch in place and lift LF, LF step in place

SECTION 4: □ SIDE RECOVER CROSS X 2, PIVOT ½ TURN WALK WALK

1&2 3&4 RF step to R, Recover on LF, RF cross over LF, LF step to L, Recover on RF, LF cross over RF
5 6 7 8 RF step forward, Pivot ½ turn L on LF, RF step forward, LF step forward

START AGAIN

TAG (36 Counts) after 2nd time

SECTION 1: □ CHARLESTON STEP X 2

1 2 3 4 RF swing forward, RF swing backward, LF swing backward, LF swing forward
5 6 7 8 RF swing forward, RF swing backward, LF swing backward, LF swing forward

SECTION 2: □ ¼ TURN CHA CHA X 4

1&2 3&4 RF ¼ turn R cha cha RLR (3:00), LF ¼ turn L cha cha LRL (6:00)
5&6 7&8 RF ¼ turn R cha cha RLR (9:00), LF ¼ turn L cha cha LRL (12:00)

SECTION 3: □ REPEAT SECTION 1 CHARLESTON STEP X 2

SECTION 4: □ REPEAT SECTION 2 ¼ TURN CHA CHA X 4

SECTION 5: □ SWAY RLRL

ENDING (8 Counts) after 8th time of SECTION 1

JAZZ BOX ¼ TURN, JAZZ BOX 1/2 TURN

1 2 3 4 RF cross over LF, LF step back, RF step ¼ turn R (6:00), LF step forward
5 6 7 8 RF cross over LF, LF step back ¼ turn R, RF step ¼ turn R (12:00), LF step forward

Have fun!