

# Alive In Us

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 0      级数: Beginner  
编舞者: Isabell Allert (DE) - October 2018  
音乐: Alive - Hillsong Young & Free



## Dance starts after 32 Counts

### [1-8] Point fw, Point side, Point back, Close, Point fw, Point side, Point back, Close

- 1 - 4      Right foot Point forward, right foot Point to the side, right foot Point back, right foot close next to left foot
- 5 - 8      Left foot Point forward, left foot Point to the side, left foot Point back, left foot close next to right foot

Option: Move your arms like feet, raise your arms, to the side, downward

### [9-16] Grapevine rechts, Touch, Grapevine links, Touch

- 1 - 4      Right foot step to the side, left foot cross behind right, right foot step to the side, left foot touch next to right foot
- 5 - 8      Left foot step to the side, right foot cross behind left, left foot step to the side, right foot touch next to left foot

Option: Do a Rolling Vine instead of an Grapevine or Side, Close, Side, Touch

### [17-24] K-Step

- 1 - 4      Right foot step diagonal forward, left foot touch next to right foot, left foot step diagonal backward, right foot touch next to left foot
- 5 - 8      Right foot step diagonal backward, left foot touch next to right foot, left foot step diagonal forward, right foot touch next to left foot

### [25-32] Heel Grind $\frac{1}{4}$ turn, Back Rock, Step, Close, Clap, Snap

- 1, 2       $\frac{1}{4}$  turn on right heel, left foot step backward
- 3, 4      Right foot step backward, weight back on left
- 5, 6      Right foot step forward, left foot close next to right
- 7, 8      Clap your hands, snap with your fingers

## Dance starts again

### Ending: In wall 15 after 16 Counts

#### Grapevine right, Side, Behind, $\frac{1}{4}$ turn, Step, $\frac{1}{4}$ turn, side

- 1-4      Right foot step to the side, left foot cross behind right foot, right foot step to the side, left foot touch next to right
- 5, 6      Left foot step to the side, right foot cross behind left foot
- 7       $\frac{1}{4}$  turn left, left foot step forward
- 8       $\frac{1}{4}$  turn left, right foot step to the side