

# Keeping Me Alive

COPPER KNOB  
BY SHEETS

拍数: 32      墙数: 1      级数: Intermediate  
编舞者: Frédéric Marchand (FR) - April 2020  
音乐: Keeping Me Alive - Jonathan Roy



Intro : 4 counts - Start 1 beat after the lyrics - Bodyweight on the left foot

Sequence : 32 – 4 TAG&R – 32 – 20 R – 32 – 32 – TAG – 16 R – 32 – 16 – FINAL

**S1: LUNGE RIGHT, RECOVER, TOGETHER, 1/8 LEFT STEP LEFT WITH SWEEP RIGHT 3/8 TURN LEFT, CROSS, SIDE LEFT, BEHIND RIGHT WITH SWEEP LEFT, BEHIND, SIDE RIGHT, STEP FWD LEFT, TWIST TURN 1/2 LEFT**

1            Step Right to Right side by bending the knee on the right side and lower the hands to the ground [12h00]  
2&3        Recover on Left, Together, Make 1/8 Left Step Left Fwd (Weight Ends On Left) and make a circular movement with the right leg from back to front about 3/8 of a turn to the left [06h00]

**TAG & RESTART 1 here on the wall 2 face 6h00**

4&5        Cross Right over Left, Step Left to Left side, Cross Right Behind Left (Weight Ends On Right) and make a circular movement with the left leg from front to back  
6&7        Cross Left Behind Right (Weight Ends On Left), Step Right to Right side, Step Left Fwd  
8&        Cross Right over Left with (Weight Ends On two foot), 1/2 Turn Left finish cross-legged (Weight Ends On Right) [12h00]

**S2: SWEEP LEFT, BEHIND, SIDE RIGHT, STEP FWD LEFT, ROCK STEP RIGHT, RECOVER, BACK RIGHT WITH HITCH LEFT, BACK LEFT WITH HITCH RIGHT, COASTER STEP RIGHT, BALL CHANGE**

1            Make a circular movement with the left leg from front to back  
2&3        Cross Left Behind Right (Weight Ends On Left), Step Right to Right side, Step Left Fwd  
4&5        Step Right Fwd, Recover on Left, Step Right back whilst lifting Left knee outward  
6            Step Left back whilst lifting Right knee outward  
7&8&      Step Right back, Step Left next to Right, Step Right fwd, On ball of Left (Weight Ends On Left)

**RESTART 3 here on the wall 7 face 6h00**

FINAL here on the wall 9

**S3: STEP FWD RIGHT, CROSS ROCK LEFT, RECOVER, SIDE ROCK LEFT, RECOVER, BEHIND LEFT WITH HITCH RIGHT, BEHIND, SIDE LEFT, 1/8 LEFT STEP FWD RIGHT, ROCK STEP LEFT, RECOVER, BACK LEFT, DRAG RIGHT**

1            Step Right Fwd  
2&        Cross Left over Right, Recover on Right  
3&        Step Left to Left side, Recover on Right  
4            Cross Left Behind Right (Weight Ends On Left) whilst lifting Right knee outward moving from front to the back

**RESTART 2 here on the wall 4 face 6h00**

5&6        Cross Right Behind Left, Step Left to Left side, Make 1/8 Left Step Right Fwd [10h30]  
7&8&      Step Left Fwd, Recover on Right, Step Left back, Dragging Right next to Left

**S4: BACK RIGHT, 1/2 TURN LEFT, 1/2 TURN LEFT, DIAMOND 3/8 TURN LEFT MODIFIED, SAILOR STEP MODIFIED CROSS 1/2 LEFT**

1            Step Right back  
2&        Make 1/2 turn Left stepping Left Fwd [04h30], Make 1/2 turn Left stepping Right Back [10h30]  
3&4        Step Left back, Step Right back, Make 1/8 turn Left Stepping Left to Left side [09h00]  
5&6        Make 1/8 turn Left Stepping Right Fwd [07h30], Step Left Fwd, Make 1/8 turn Left Stepping Right to Right side [06h00]  
7&8        Cross Left Behind Right, Make 1/2 turn Left Step Right on Right, Step Left Cross over the Right (Weight Ends On Left)[12h00]

**TAG 1 here on the wall 6 face 6h00**

**TAG & RESTART 1: WALL 2 – SECTION 1 AFTER 3 COUNTS MAKE A FOLLOW TROUGH ON COUNT 4 AND RESTART**

**RESTART 2: WALL 4 – SECTION 3 AFTER 20 COUNTS RESTART**

**TAG 1: WALL 6 – END SECTION 4 AFTER 32 COUNTS RAISE THE ARMS AND MOVE DOWN THEM ALONG THE BODY ON 3 COUNTS AND START THE DANCE**

**RESTART 3: WALL 7 – SECTION 2 AFTER 16 COUNTS RESTART**

**FINAL: WALL 9 – END SECTION 2 AFTER 16 COUNTS ADD 1/2 TURN LEFT BACK TO FINISH AT 12:00**

**\*\*\* Dance to 1 Wall but dance on two walls due to the TAG & RESTART 1 of the first section.**

**Start again with a smile .....**

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**V1-FM le 22/04/2020**

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