

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
