

Alive Again

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ria Vos (NL) - April 2022
音乐: Alive Again (Indie Folk Mix) - UNSECRET & Chuck Adams



Intro: Quick start.. on the word 'Tired' ...(I'm Getting.. Tired)

Side Rock, Kick & Point, Point Fwd-Side, Sailor ¼ Turn L

1-2 Rock R to R Side, Recover on L
3&4 Kick R Fwd, Step R Next to L, Point L to L Side
5-6 Point L Fwd, Point L to L Side
7&8 Step L Behind R ¼ Turn L, Step R Next to L, Step Fwd on L (9:00)

Step Fwd, ½ Turn R, Shuffle ½ Turn R, Rock Fwd, Shuffle ½ Turn L

1-2 Step Fwd on R, ½ Turn R Step Back on L (3:00)
3&4 Shuffle ½ Turn R Stepping R-L-R (9:00)
5-6 Rock Fwd on L, Recover on R
7&8 Shuffle ½ Turn L Stepping L-R-L (3:00)

Walk Fwd R-L Turning ¼ L, Step Twist Recover, Step Back, Hold, Out-Out & Bounce

1-2 Walk Fwd R-L in an Arch Turning ¼ L (12:00)
3&4 Step Fwd on R, Swivel Both Heels Out to R Side, Recover (weight on L)
5-6 Step Back on R, Hold
&7&8 Step L to L Side (Out), Step R to R Side (Out), Bounce Heels Up, Down (ending weight on L)

Sailor ¼ Turn R, Hip-Step, Jazzbox ¼ Turn R

1&2 Step R Behind L ¼ Turn R, Step L Next to R, Step Fwd on R (3:00)
3&4 Touch L Toe Fwd Pushing Hip Up, Recover, Step Fwd on L
5-6 Cross R Over L, ¼ Turn R Step Back on L (6:00)
7-8 Step R to R Side, Cross L Over R ***Restart Point

Chasse R, ½ L Chasse L, Cross Rock, ¼ R, ½ R

1&2 Step R to R Side, Step L Next to R, Step R to R Side
3&4 ½ Turn L Step L to L Side, Step R Next to L, Step L to L Side (12:00)
5-6 Cross Rock R Over L, Recover on L
7-8 ¼ Turn R Step Fwd on R, ½ Turn R Step Back on L (9:00)

¼ R Chasse R, Cross Rock, Side Rock, Sailor Step

1&2 ¼ Turn R Step R to R Side, Step L Next to R, Step R to R Side (12:00)
3-4 Cross Rock L Over R, Recover on R
5-6 Rock L to L Side, Recover on R
7&8 Step L Behind R, Step R to R Side, Step L to L Side

Heel Grind, Behind, Side, Heel Grind ¼ R, Coaster Step

1-2 Dig R Heel Across L, Grind R Heel Stepping L to L Side
3-4 Step R Behind L, Step L to L Side
5-6 Dig R Heel Across L, Grind R Heel ¼ Turn R Stepping Back on L (3:00)
7&8 Step Back on R, Step L Next to R, Step Fwd on R

Dorothy Step L & R, Walk-Walk-Shuffle Turning ¼ Turn L

1-2& Step L Fwd to L Diagonal, Lock R Behind L, Step L Fwd to L Diagonal
3-4& Step R Fwd to R Diagonal, Lock L Behind R, Step R Fwd to R Diagonal

5-6 Start Walk Around in a L Turning Arc Stepping L-R
7&8 Finish Walk Around $\frac{3}{4}$ Turn L Shuffling L-R-L (6:00)

Restart: After count 32 on Wall 3 (6:00) and 6 (12:00)
