

Alive Again

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Julie Gillmore (UK) - 11 May 2022
音乐: Alive Again (Indie Folk Mix) - UNSECRET & Chuck Adams



Intro: 32 counts, Start on 'I was lost'

Section 1: Walk forward x 2, forward shuffle, rocking chair

1-2 Walk forward right, walk forward left
3&4 Step forward right, step left next to right, step forward right
5-6 Rock forward on left, recover onto right
7-8 Rock back on left, recover onto right

Section 2: Rock recover, shuffle back, back point x 2

1-2 Rock forward on left, recover onto right
3&4 Step back left, step right next to left, step back on left
5-6 Step back on right, point left to left side
7-8 Step back on left, point right to right side

Section 3: Cross rock chasse, weave cross side behind side

1-2 Cross step right over left, recover onto left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross step left over right, step right to right side
7-8 Step left behind right, step right to right side

Section 4: Cross rock chasse, weave cross side behind ¼ turn

1-2 Cross step left over right, recover onto right
3&4 Step left to left side, step right next to left, step left to left side
5-6 Cross step right over left, step left to left side
7-8 Step right behind left, step left forward ¼ turn left (9 o'clock)

Last Update: 30 May 2022
