

Jennifer Is Alive

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Intermediate - smooth
编舞者: Chandrani Eilena Emmiyan (INA) - April 2023
音乐: Alive - Jennifer Lopez



Intro: 68 counts, start moving when instrument was played after the pause

Restarts : -

On wall 2 & 6, session 2 after count of 8 & (facing 6.00)

On wall 4 (facing 12.00) & 10 (facing 6.00), session 1 after count of 4 & (with step changing)

Session 1 - BACK-SWEEP, BEHIND- ¼ STEP-STEP WITH ½ TURN, 3 STEPS TURN-SWEEP, CROSS- ¼ BACK-BACK, ½ BACK-BACK

1-2&3 Step R backwards while sweeping on L, Close L behind R, ¼ turn right & step R forwards (3.00), Step L forwards
4&5 ½ turn right & step R in place (9.00), ½ turn right & step L backwards (3.00), ½ turn right & step R forwards while sweeping L to front (9.00)
6&7 Cross L over R, ¼ turn left & step L backwards (6.00), Step L backwards
8&1 Recover on L, ½ turn right & step L backwards (12.00), Step R backwards

RESTART

On wall 4 (facing 12.00) & wall 10 (facing 6.00) after the count of 4 & (with step changing on the count of “&”)

4 & ½ turn right & step R in place, Step L next to R

Session 2 - 3 STEPS TURN-SWEEP, CROSS- ¼ BACK, ½ STEP, RUN (x3), RECOVER-TOGETHER-STEP WITH ½ TURN

2&3 Recover on L, ½ turn left & step R backwards (6.00), ½ turn left & step L forwards while sweeping R to front (12.00)
4&5 Cross R over L, ¼ turn right & step L backwards (3.00), ½ turn right & step R forwards (9.00)
6&7 Run L R L
8&1 Recover on R, Step L next to R, Step R forwards

RESTART

On wall 2 & 6 after the count of 8 & (facing 6.00)

8& Recover on R, Step L next to R

Session 3 - 3 STEPS TURN-SWEEP-¼ MONTEREY TURN RIGHT, DIAGONAL FORWARD-SWEEP-CROSS, ¾ DIAMOND FALL AWAY

2&3 ½ turn left & step L in place (3.00), ½ turn left & step R backwards (9.00), ½ turn left & step L forwards while sweeping R to front (3.00)
4-6 ¼ turn left & pointing R (prep body to full turn to right) (12.00), Full turn to right & step R next to L, Pointing L to side
7-8&1 Diagonal right forward on L while sweeping R to front, Squaring & cross R over L, Step L to side, 1/8 turn right & step R backwards (1.30)

Session 4 - ¾ DIAMOND FALL AWAY, STEP-TOUCH

2&3 Step L backwards, 1/8 turn right & step R to side (3.00), 1/8 turn right & Step L forwards (4.30)
4&5 Step R forwards, 1/8 turn right & step L to side (6.00), 1/8 turn right & Step R backwards (7.30)
6&7-8 Step L backwards, 1/8 turn right & step R to side (9.00), Step L forwards, Touch R next to L

Happy dancing

Dancing from the heart

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