

Swayin' Alive

COPPER KNOB
STEPSHETS

拍数: 76 墙数: 4 级数: Intermediate
编舞者: Aurora de Jong (USA) - August 2023
音乐: Stayin' Alive (feat. Wild Bill and the Bruisers) - Scott Bradlee's Postmodern Jukebox



Winning dance of heat 1, 2nd place overall in 2023 Windy City Line Dance Mania!

Restart after 68 counts of Wall 3

Restart after 16 counts of Wall 4 + 4 count tag

Optional arm movements are in italics. This song/dance has lots of opportunities for individual styling. Have fun with it!

[1-8] Walk forward 2x (R-L), R side rock-recover-step forward, L charleston

1-2 Step R forward (1), step L forward (2)
3&4 Rock R to right (3), recover to L (&), step R forward (4)
5-6 Kick L forward (5), step L back (6)
7-8 Touch or kick R back (7), step R forward

[9-16] Walk forward 2x (L-R), L side rock-recover- step forward, R kick (2x), R ¼ right sailor (3:00)

1-2 Step L forward (1), step R forward (2)
3&4 Rock L to left (3), recover to R (&), step L forward (4)
5-6 Kick or touch R forward (5), Kick or touch R to right (6)
7&8 ¼ right sailor: step R back turning ¼ right (7), step L to R (&), step R forward (slightly overturned to 4:00)

*** Do the following tag after 16 counts of Wall 4, then restart:**

Tag 1-4 L walk-R walk-L shuffle forward while turning 3/4 right. At this spot in the dance you'll be headed to 3:00.

[17-24] L cross-R side step (2x), sway L and R, ¼ right L side rock-recover-step forward (6:00)

1-2 Step L across R slightly bending knees for styling (1), step R to right, straightening knees (2)
3-4 repeat steps 1-2
(Optional styling for counts 1-4: shoulder shimmies)
5-6 Sway left (5), sway right (6)
7&8 Rock L to left, turning ¼ right to 6:00 (7), recover to R (&), step L forward (8)

[25-32] ¼ right R cross-L side step, R cross-L side step, R cross mambo, L behind-side-cross (9:00)

1,2 Step R across L slightly bending knees for styling, turning ¼ right to 9:00 (1), step L to left, straightening knees (2) (9:00)
3-4 Step R across L slightly bending knees for styling (1), step L to left, straightening knees (2)
(Optional styling for counts 1-4: shoulder shimmies)
5&6 Rock R across L (5), recover to L (&), step R back (6)
7&8 Step L behind R (7), step R (&), cross L over R (8)

[33-40] Out-out-in-in, R and L heel switches, R side mambo (2x) with disco arms

1&2& Step R to right (1), step L to left (&), step R back to home (2), step L back to home (&)
3&4& Extend R heel forward (3), step R back to L (&), extend L heel forward (4), step L back to R (&)
5&6 Rock R to right (5), recover to L (&), touch R to L keeping bulk of weight on L (6)
(5&6 Optional disco arms: point R arm down to left (5), bring arm to hip height (&), point R arm up to right (6))
7&8 Repeat counts 5&6, but place weight fully on R for count 8
(7&8 Optional disco arms: same as counts 5&6)

[41-48] Out-out-in-in, L and R heel switches, L side mambo (2x) with disco arms

1&2& Step L to left (1), step R to right (&), step L back to home (2), step R back to home (&)
3&4& Extend L heel forward (3), step L back to R (&), extend R heel forward (4), step R back to L (&)
5&6 Rock L to left (5), recover to R (&), touch L to R keeping bulk of weight on R (6)
(5&6 Optional disco arms: point L arm down to right (5), bring arm to hip height (&), point L arm up to left (6))
7&8 Repeat counts 5&6, but place weight fully on L for count 8
(7&8 Optional disco arms: same as counts 5&6)

[49-56] R paddle 3x counter-clockwise, side step, L cross mambo back, R cross mambo back

1-2 Push R to right turning $\frac{1}{8}$ left (1), push R to right turning $\frac{1}{8}$ left (2)
3-4 Push R to right turning $\frac{1}{8}$ left (3), step R to right turning $\frac{1}{8}$ left (4) (3:00)

(Optional: classic jazz hands at shoulder height during counts 1-4)

5&6 Rock L behind R (5), recover to R (&), step L next to R (6)

(Optional hands: point both jazz hands down and right (5), hold (&), bring hands shoulder height (6))

7&8 Rock R behind L (7), recover to L (&), step R next to L (8)

(Optional hands: point both jazz hands down and left (7), hold (&), bring hands shoulder height (8))

[57-64] L paddle 3 x clockwise, side step, R cross mambo back, R bounce (2x) while raising arms

1-2 Push L to left turning $\frac{1}{8}$ right (1), push L to left turning $\frac{1}{8}$ right (2)
3-4 Push L to left turning $\frac{1}{8}$ right (3), step L to to left turning $\frac{1}{8}$ left (4) (9:00)

(Optional: classic jazz hands during counts 1-4)

5&6 Rock R behind L (5), recover to L (&), step R to L (6)

7-8 Bounce R heel (7), bounce R heel (8) (raise arms out to the sides and overhead during these 2 counts)

[65-72] L bounce (4x) while bringing arms down, sway (4x)

1-2 Step L slightly forward (1), bounce L heel (2)
3-4 bounce L heel (3), bounce L heel (4)

(bring arms slowly back down during counts 1-4)

***Restart here during Wall 3**

5-6 Step R to right, swaying into R hip (5), sway L (6)

7-8 Sway R (7), sway L (8)

(optional arms for counts 5-8: with arms at your sides and palms facing down, swing your arms back and forth with your sways)

[73-76] syncopated R V step with R flick

1-2& Step R out and forward (1), step L out and forward (2), step R back and in (&)
3-4 Step L back to R (3), flick R foot back, bending at the knee (4)

Dance ends at 12:00 after 8 counts of Wall 6!

Have fun!

Last Update: 26 Oct 2023
