

Feeling Alive

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Barbara Wöhry (AUT) & Roy Verdonk (NL) - April 2024
音乐: Celine Dion & The Whispers - I'm Alive X And The Beat Goes On (The JamminKid Mashup) by The Jammin Kid



Intro: start after 32counts or after approximately 17s

(1-8) Side, Behind, Ball, Cross Rock, Side-Touch x2

1 – 2& Step RF to the right (1), Step LF behind RF (2), Step RF ball to the right (&
3 - 4 Cross LF over RF (3), Recover weight onto RF (4)
5 – 6 Step LF to the left (5), Touch RF next to LF (6)
7 – 8 Step RF to the right (7), Touch LF next to RF (8)

(9-16) Side, Hold, Ball, Side, Touch, Out – Out – In – In

1 – 2& Step LF to the left (1), Hold (2), Step RF ball next to LF (&
3 – 4 Step LF to the left (3), Touch RF next to LF (4)
5 - 6 Step RF to the right diagonal (5), Step LF to the left diagonal (6)
7 - 8 Step RF back to center (7), Step LF back to center (8)

(17-24) Walk x3, Kick, Back x3, Touch

1 – 2 Step RF forward (1), Step LF forward (2)
3 – 4 Step RF forward (3), Kick LF forward (4)
5 – 6 Step LF back (5), Step RF back (6)
7 – 8 Step LF back (7), Touch RF next to LF (8)

(25-32) Hip x4, Walk ¼ – Walk ¼ – Shuffle ¼

1&2& Step RF to the right and push hip to the right (1), Hip back to center (&), Push hip to the right (2), Hip back to center (&)
3 & 4 Push hip to the right (3), Hip back to center (&), Push hip to the right (4)
5 – 6 Turn ¼ left and Step LF forward (5) (9:00), Turn ¼ left and Step RF forward (6) (6:00)
7 & 8 Turn 1/4 left and Step LF forward (7), Step RF next to LF (&), Step LF forward (8) (3:00)

Have fun and enjoy the dance ☐
