

Born to Be Alive

COPPER KNOB
STEPSHETS

拍数: 40 墙数: 4 级数: Beginner
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音乐: Born to Be Alive - Patrick Hernandez



Intro :32 COUNTS

FORWARD, FORWARD, ROCK STEP, BACK, BACK, BACK, BACK

1-2-3-4 Step R forward, Step L forward, Rock R forward, Recover onto L
5-6-7-8 Back steps (R/L/R/L)

STEP, HOLD, TOGETHER, STEP, TOUCH, STEP, HOLD, TOGETHER, STEP, TOUCH

1-2&3-4 Step R to side, Hold, Step L next to R, Step R to side, Touch L next to R
5-6&7-8 Step L to side, Hold, Step R next to L, Step L to side, Touch R next to L

ROCKING CHAIR, HEEL GRIND $\frac{1}{4}$, BACK ROCK

1-2-3-4 Rock R forward, Recover onto L, Rock R back, Recover onto L
5-6-7-8 Touch R heel forward, Turn $\frac{1}{4}$ R and step L back, Rock R back, Recover onto L

K STEP

1-2-3-4 Step R diagonal forward , Touch L next, Step L diagonal back, Touch R next to L
5-6-7-8 Step R diagonal back, Touch L next, Step L diagonal forward, Touch R next to L

LINDY STEP, VINE, TOUCH

1&2-3-4 Step R to side, Together with L, Step R to side, Rock L back, Recover onto R
5-6-7-8 Step L to side, Cross R behind L, Step L to side, Touch R next to L.

RESTART AFTER 16 COUNTS ON WALL 2

HAVE FUN!

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