

Stayin' Alive

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数:
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音乐: Stayin' Alive - N-Trance



WALK STEPS, POINT AND CLAP

- 1 Step back right
- 2 Step back left
- 3 Step back right
- 4 Pivot ¼ turn right on right, point left toe left & clap
- 5 Step forward left
- 6 Step forward right
- 7 Step forward left
- 8 Pivot ¼ turn left on left, point right toe right & clap

ROLLING VINES 1 ¼ TURN, POINT

- 1 Pivot 45 degrees to right onto right
- 2 Pivot ½ turn right onto left
- 3 Pivot ½ turn right onto right
- 4 Pivot 45 degrees to right, touch left toe out to left side (note: you just made 1 ¼ turns to right)
- 5 Pivot 45 degrees to left onto left
- 6 Pivot ½ turn left onto right
- 7 Pivot ½ turn left onto left
- 8 Pivot 45 degrees left, touch right toe out to right side

KICK-BALL-CHANGE X 2, SWIVELS

- 1 Kick right foot forward
- & Quickly step down on ball of right foot, raise left off floor
- 2 Step down on left foot shifting weight to left
- 3&4 Repeat 1&2 (keeping knees flexed)
- 5 Swivel heels & hips to left
- 6 Swivel heels & hips to right
- 7 Swivel heels & hips to left
- 8 Swivel heels & hips to right, place hands on hips

APPLE PICKING STEPS (JOHN TRAVOLTA STEPS)

- 1 Straighten legs as you point upward at angle to right with right index finger and (optional) downward angle to left with left index finger
- 2 Bend knees as you point downward at angle to left with right index finger and (optional) bring left hand upward to belt buckle)
- 3-8 Repeat 1-2 3 times

ARM ROLLS, HEEL SPLITS, TOUCH STEPS, TURN, HITCH

- 1 Make a fist with both hands, roll fists outward around each other, bump hips to right
- & Keep rolling fists, bump hips to left
- 2 Keep rolling fists, bump hips to right
- 3 Spread heels apart
- & Bring heels together
- 4 Spread heels apart
- & Bring heels together
- 5 Tap right heel forward

- 6 Touch right toes back
- 7 Touch right heel forward
- 8 Pivot $\frac{1}{4}$ turn left on left while hitching right knee

REPEAT
