

I'm Alive

拍数: 72 墙数: 2 级数: Intermediate
编舞者: Trish Arena (AUS)
音乐: I'm Alive - Céline Dion



- 1-2 Step right back, turn ½ turn left swinging left leg to side just off the floor
3-4 Step left back, turn ¼ turn right swinging right leg to side just off the floor
5&6 Step back on right, step left beside right, step right forward (coaster)
7&8 Shuffle forward left-right-left (9:00)
9-16 Repeat steps 1 to 8
Restart after count 12 (facing front) (6:00)
- 17-18 Rock right to right side, rock/replace weight onto left hinging ½ turn to left
19-20 Rock right to right side, rock/replace weight onto left hinging ½ turn to left
21&22 Shuffle sideways right-left-right
23-24 Rock left back, rock/replace weight onto right (6:00)
- 25-26 Step left to left side, kick right diagonally right
27&28 Step right behind left, step left to left side, step right across left
29-30 Rock left to left side, rock/replace weight onto right making a ¼ turn left
31&32 Step left to left side, step right together, make ¼ turn left and step left forward (12:00)
- 33-34 Step forward right, turn full turn left and step forward on left
35-36 Step forward right, turn ¼ turn left taking weight on left
37&38 Cross right over left, step left to side, cross right over left (cross shuffle)
&39-40 Step left to side, cross right over left, rock left to left side (9:00)
- 41-42 Step right back, hold
&43-44 Step/lock left in front of right, step right back, turn ½ turn left and step forward left
45-46 Step right forward, hold
&47-48 Step/lock left behind right, step right forward, step left forward (3:00)
- 49-50 Cross/rock right over left, rock/replace weight onto left
51&52 Turn full turn right, stepping right-left-right (traveling to right side)
53-54 Cross/rock left over right, rock/replace weight onto right
55&56 Turn full turn left, stepping left-right-left (traveling to left side) (3:00)
- 57-58 Step right forward, turn ¼ turn left, take weight on left (use hips)
59-60 Step right forward, turn ¼ turn left, take weight on left (use hips)
61&62 Cross right over left, step left to left side, rock/replace weight onto right (samba)
63&64 Cross left over right, step right to right side, rock/replace weight onto left (samba) (9:00)
- 65-66 Cross/rock right over left, rock/replace weight onto left
67-68 Turn ¼ turn right and step right forward, hold
69&70 Turn ¾ turn right stepping left-right-left (triple on spot)
71-72& Step right to right side, cross left over right, turn ¼ turn left (6:00)

REPEAT