

I'm Alive

拍数: 32 墙数: 4 级数: Improver
编舞者: David Scott (UK) & Evelyn Scott
音乐: I'm Alive - Céline Dion



Intro 24 counts after beat kicks in

STEP SLIDE AND STEP TOUCH TWICE

1-2-3-4 Step right foot to right and drag left foot together, step right to side and touch left next to right
5-6-7-8 Repeat above on left to left side

KICK OUT, OUT, KNEE TURN KICK, COASTER STEP, LEFT SHUFFLE

1&2 Kick right foot out, step right to side, step left to side
&3-4 Push right knee in towards left knee, push right knee out making a ¼ turn right while kicking right leg out
5&6 Step right leg back, close left next to right, step forward on right
7&8 Step forward on left, close right next to left, step forward on left

ROCK RECOVER, BACK RIGHT SHUFFLE, HALF TURN, HIP BUMPS

1-2 Rock forward on right, recover weight on left
3&4 Step right back, close left next to right, step back on right
5-6 Make a ¼ turn left stepping back on left foot, make a ¼ turn left stepping onto right foot
7-8 Make two hip bumps to the right

SIDE, BEHIND, ½ TURN STEP, STEP KICK OUT, OUT AND TOUCH

1-2 Step left to side, step right behind left
3-4 Step left to side making a ½ turn left, step right foot to side
5 Step left foot to left side
6&7 Kick right foot out, step right to side, step left to side
8 Touch right foot next to left

REPEAT

TAG

After seventh wall (you will be facing 9 o'clock wall) kick ball point, cross unwind

1&2 Kick right foot forward, bring back in place, touch left foot to left side
3-4 Cross left over right and unwind a ½ turn right leaving weight on left foot

FINISH

After the ninth wall there will be about 5 counts left in the music. Step right to right side and slide your left foot up to touch, over 4 counts.