

I'm Alive

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Kitty de Brouwer (NL)
音乐: I'm Alive - Céline Dion



RIGHT LOCKSTEP, SHUFFLE, ROCK STEP, ½ TRIPLE TURN

1-2 Step right forward, step left across right
3&4 Step right forward, & step left together, step right forward
5-6 Rock left forward, rock back right
7&8 Step left ¼ turn to left side & step right beside left, step left ¼ turn forward

RIGHT LOCKSTEP, SHUFFLE, ROCK STEP, ½ TRIPLE TURN

9-10 Step right forward, step left across right
11&12 Step right forward, & step left together, step right forward
13-14 Rock left forward, rock back right
15&16 Step left ¼ turn to left side & step right beside left, step left ¼ turn forward

RIGHT ROCK STEP, RIGHT COASTER STEP, LEFT SHUFFLE FORWARD, LEFT ½ TURN SHUFFLE

17-18 Rock forward right, rock back left
19&20 Step back right, & step left beside right, step right forward
21&22 Step left forward, & step right together, step left forward
23&24 Step right ¼ turn to left side & step left beside right, step right ¼ turn backward

LEFT ROCK STEP BACK, HIP BUMPS LEFT. RIGHT. LEFT

25-26 Rock left backward, rock back right
27&28 Step left diagonal forward with hips in front left, & hips to the right, hips to the left
29&30 Step right diagonal forward with hips in front right, & hips to the left, hips to the right
31&32 Step left diagonal forward with hips in front left, & hips to the right, hips to the left

RIGHT ROCK STEP, RIGHT ½ TURN SHUFFLE, RIGHT ¼ TURN SHUFFLE, RIGHT ROCK STEP BACK

33-34 Rock forward right, rock back left
35&36 Step right ¼ turn to right side & step left beside right, step right ¼ turn forward
37&38 Step left ¼ turn to right side & step right beside left, step left side
39-40 Rock backward right, rock back left

FULL TURN WITH HITCHES AND TOE TAPS, RIGHT HIP BUMPS, LEFT HIP BUMPS

&-41 ¼ turn left with hitch, toe tap right beside
&-42 ¼ turn left with hitch, toe tap right beside
&-43 ¼ turn left with hitch, toe tap right beside
&-44 ¼ turn left with hitch, toe tap right beside

45&46 Step right diagonal forward with hips in front right, & hips to the left, hips to the right
47&48 Step left diagonal forward with hips in front left, & hips to the right, hips to the left

REPEAT