

I'm Alive!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michel Cabana (CAN)
音乐: I'm Alive - Céline Dion



KICK & TOUCH & TOUCH & TOUCH & KICK BALL TOUCH & KICK BALL TOUCH

1&2 Kick right across left, step right to the right, touch left beside right
&3 Step left to the left, touch right beside left
&4& Step back on the right, touch left toe slightly forward in front of right, step left beside right
5&6& Kick right forward, step right beside left, touch left toe forward, step forward on the left
7&8& Kick right forward, step right beside left, touch left toe forward, step forward on the left

KICK & STEP, SAILOR TOUCH WITH ¼ TURN RIGHT & KICK & STEP, SAILOR TOUCH &

1&2 Kick right across left, step right to the right, recover weight on the left
3&4& Cross right behind left, step left beside right making ¼ turn to the right, touch right slightly forward in front of left, step right beside left
5&6 Kick left across right, step left to the left, recover weight on the right
7&8& Cross left behind right, step right beside left, touch left slightly forward in front of right, step left beside right

FORWARD LOCK & TOUCH & TOUCH & FORWARD LOCK & TOUCH & TOUCH &

1-2 Step forward on the right towards the right corner, lock left behind right
&3 Step right beside left angling your body to the left corner, touch left toe slightly forward in front of right
&4& Step left beside right, touch right toe slightly forward in front of left, step right beside left
5-6 Step forward on the left (your body should still be angled to the left corner), lock right behind left
&7 Step left beside right angling your body to the right corner, touch right toe slightly forward in front of left
&8& Step right beside left, touch left toe slightly forward in front of right, step left beside right

KICK BACK TOUCH, KICK BACK TOUCH, KICK OUT, OUT & CROSS, UNWIND ½ TURN RIGHT

1&2& Kick right forward, step back on the right angling body back to center, touch left slightly forward, step left beside right
3&4& Kick right forward, step back on the right, touch left slightly forward, step left beside right
5&6 Kick right forward, step right to the right, step left to the left (feet should be shoulder width apart)
&7-8 Step right back to center slightly back, cross left over right, unwind ½ turn right weight ending on left foot

REPEAT

TAG

When using the song "I'm Alive" there is a 4 count tag after the 7th repetition

KICK, OUT, OUT & CROSS, UNWIND ½ TURN RIGHT

1&2 Kick right forward, step right to the right, step left to the left (feet should be shoulder width apart)
&3-4 Step right back to center slightly back, cross left over right, unwind ½ turn right weight ending on left foot