

Born To Be Alive

拍数: 40 墙数: 4 级数:
编舞者: Paula Frohn-Butterly (USA)
音乐: Baby I'm Burnin' - Dolly Parton



TWO RIGHT KICK BALL CHANGES, TRIPLE TO RIGHT, TOUCH BEHIND, UNWIND ½ LEFT

1&2 Kick forward right & step on ball of right beside left, step left beside right
3&4 Repeat 1&2
5&6 Step right foot to right side, step left beside left foot, step right foot to right side
7-8 Touch left toes behind right, unwind ½ turn left transferring weight to left

TWO RIGHT KICK BALL CHANGES, TRIPLE TO RIGHT, TOUCH BEHIND, UNWIND ½ LEFT

9&10 Kick forward right & step on ball of right beside left, step left beside right
11&12 Repeat 9&10
13&14 Step right foot to right side & step left beside right, step right foot to right side
15-16 Touch left toes behind right, unwind ½ turn left transferring weight to left

TWO SHUFFLES FORWARD, TWO SAILOR STEPS

17&18 Step forward right & step left beside right, step forward right
19&20 Step left foot forward & step right beside left foot, step left foot forward
21&22 Step on ball of right behind left & side step left on ball of left, side step right
23&24 Step on ball of left behind right & side step right on ball of right, side step left

KICK 3X'S ¼ RIGHT, STEP, KICK 3X'S ¼ LEFT, STEP

25-27 With weight on ball of left, kick forward right three times while moving to right, completing ¼ turn
28 Step right beside left foot
29-31 With weight on ball of right, kick forward left three times moving left completing ¼ turn.
Facing original wall
32 Step left beside right

SHUFFLE FORWARD, STEP-PIVOT ½ RIGHT, SHUFFLE FORWARD, STEP-PIVOT ¼ LEFT

33&34 Step forward right & step left beside right, step forward right
35-36 Step left foot forward, pivot ½ turn right transferring weight to right foot
37&38 Step left foot forward & step right beside left foot, step left foot forward
39-40 Step forward right, pivot ¼ turn left transferring weight to left foot

REPEAT
