

# Alive

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Improver  
编舞者: Marianne van Dorst (NL)  
音乐: I'm Alive - Céline Dion



## SHUFFLE FORWARD, ROCK STEP, TURNING SHUFFLE (TWICE)

1&2      Right shuffle forward  
3      Step left forward and rock  
4      Right step on the place  
5&6      Left shuffle backwards with  $\frac{1}{2}$  turn left  
7&8      Right shuffle forward with  $\frac{1}{2}$  turn left

## ROCK STEP, SHUFFLE FORWARD, TURN, SYNCOPATED SIDE STEPS, SIDE ROCK

9      Left step behind and rock  
10      Right step on the place  
11&12      Left shuffle forward  
&      Step right forward, turn  $\frac{1}{4}$  left  
13      Left cross behind right  
&      Right step to the right side  
14      Left cross in front of right  
15      Right step to the right and rock  
16      Left step on the place

## SAILOR STEP, SAILOR STEP WITH $\frac{1}{4}$ TURN, STEP, $\frac{1}{4}$ PIVOT TURN, SHUFFLE FORWARD

17      Right cross behind left  
&      Left step to the left side  
18      Right step on the place  
19      Left cross behind right  
&      Right step to the right side  
20      Left step on the place, turn  $\frac{1}{4}$  left  
21      Step right forward  
22      Turn  $\frac{1}{4}$  left  
23&24      Right shuffle forward

## TURN, SYNCOPATED SIDE STEPS, SIDE ROCK, CROSS LOCK, UNWIND, HEEL-BALL-CROSS

&      Step left forward, turn  $\frac{1}{4}$  right  
25      Right cross behind left  
&      Left step to the left side  
26      Right cross in front of left  
27      Left step to the left side and rock  
28      Right step on the place  
29      Left cross in front of right (lock)  
30      Turn  $\frac{1}{2}$  right (unwind)  
31      Right touch heel forward  
&      Right step next to left  
32      Left cross in front of right

## SIDE ROCK, CROSS SHUFFLE TO LEFT, CHASSE LEFT, SAILOR STEP

33      Right step to the right side and rock  
34      Left step on the place  
35&36      Right cross shuffle to left

37&38 Left shuffle to the left side  
39 Right cross behind left  
& Left step to the left side  
40 Right step on the place

**SAILOR STEP WITH ¼ TURN, STEP, ¼ PIVOT TURN, HEEL-BALL-CROSS, SIDE ROCK**

41 Left cross behind right  
& Right step to the right side  
42 Left step on the place, turn ¼ left  
43 Step right forward  
44 Turn ¼ left  
45 Right touch heel forward  
& Right step next to left  
46 Left cross in front of right  
47 Right step to the right side and rock  
48 Left step on the place

**REPEAT**

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