

Alive 'n' Kickin

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数:
编舞者: Tracey McIntosh (UK)
音乐: You Keep Me Hangin' On - Reba McEntire



SIDE SHUFFLE, FULL TURN, SIDE SHUFFLE, ROCK STEP

1&2 Step right to side, step left beside right, on ball of left pivot $\frac{1}{2}$ turn right arid step forward right
3-4 Step forward left, pivot $\frac{1}{2}$ turn right
5&6 On ball of right, pivot $\frac{1}{4}$ turn right and step left to side, step right beside left, step left to side
7-8 Rock back on right, step left in place

If you do not want to do a full turn, then do a right side shuffle and a back rock step with the left, followed by a left side shuffle with a back rock on right

KICK BALL CROSS TWICE, STOMP KICK WITH $\frac{1}{4}$ TURN, COASTER STEP

9&10 Kick right foot right at 45 degrees angle, step right to side, cross left over right
11&12 Kick right foot right at 45 degrees angle, step right to side, cross left over right
13-14 Stomp right foot in place, on ball of left, pivot $\frac{1}{4}$ turn right and kick right foot forward
15-16 Step back right, step back left, step forward right

STOMP KICK, MODIFIED BOX STEP, STEP $\frac{1}{2}$ TURN, FULL TURN

17-18 Stomp left foot in place, kick left foot slightly across right
19&20 Cross left over right, step back right, step left beside right
21-22 Step forward right, pivot $\frac{1}{2}$ turn left
23-24 On ball of left, pivot $\frac{1}{2}$ turn left and step back right, on ball of right, pivot $\frac{1}{2}$ turn left arid step forward left

If you do not want to do a full turn, just walk forward right, left

SHUFFLE STEP KICK, COASTER STEP, WALK STEPS

25&26 Step forward right, step left beside right, step forward right
27-28 Step forward left, kick right foot forward
29&30 Step back right, step back left, step forward right
31-32 Walk forward left, walk forward right

STEP $\frac{1}{2}$ TURN TWICE, COASTER STEP, WALK STEPS

33-36 Step forward left, pivot $\frac{1}{2}$ turn right, step forward left, on ball of left pivot $\frac{1}{2}$ turn left and step back right
37&38 Step back left, step back right, step forward left
29-40 Walk forward right, walk forward left

CROSS KICK BALL CHANGE TWICE, DIAGONAL SWIVEL STEPS

41&42 Kick right foot across left, step right beside left, step left in place
43&44 Kick right foot across left, step right beside left, step left in place
&45 On ball of left, swivel left heel out slightly, step onto ball of right at 45 degrees right
&46 On ball of right, swivel right heel out slightly, step onto ball of left at 45 degrees left
&47 On ball of left, swivel left heel out slightly, step onto ball of right at 45 degrees right
&48 On ball of right, swivel right heel out slightly, step onto ball of left at 45 degrees left

REPEAT