

# Alive And Free

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Leanne Leis (AUS)  
音乐: Who Wouldn't Wanna Be Me - Keith Urban



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## STEP BACK, FORWARD, ½ PIVOT, SHUFFLE, FORWARD COASTER, TOE BACK, PIVOT

&1-2-3&4      Step left back, step right forward, pivot ½ left shuffle forward right-left-right  
5&6-7-8      Step left forward, step right beside left, step left back, touch right toe back, pivot ½ right  
(weight on left)

## COASTER, ½ TURN SHUFFLE TWICE, ROCK FORWARD, ROCK BACK

1&2-3&4      Step right back, step left beside right, step right forward, ½ turn right shuffle back left-right-left  
5&6-7-8      ½ turn right shuffle forward right-left-right, rock forward on left, rock back on right

## SAILORS TWICE, STEP FORWARD, ¼ TURN, STEP REPLACE

1&2-3&4      Step left back behind right, step right to right, step left to center, step right back behind left,  
step left to left, step right to center (sailors are moving back)  
5-6&7-8      Step forward on left, ¼ turn right (take weight on right), step left to center, step rock onto  
right, rock onto left

## STEP BACK, STEP FORWARD, ½ TURN, STEP HIPS TWICE, STEP FORWARD ½ TURN

&1-2-3&4      Step right back, step left forward, ½ turn right, step forward left pushing hips forward, back,  
forward  
5&6-7-8      Step forward right pushing hips forward, back, forward step forward left, ½ turn right (weight  
on right)

## SAMBAS TWICE, STEP, TOUCH, HEEL BALL TOUCH

1&2-3&4      Step left across right, step right to right, step (replace) on left, step right across left, step left  
to left, step (replace) on right (sambas are moving forward)  
5-6&7&8      Step forward left, touch right toe beside left, step right back, place left heel at 45 degrees,  
step left back to center, touch right toe beside left

## SIDE SHUFFLES TWICE, ROCK BACK, ROCK FORWARD, STEP FORWARD, ROCK BACK

1&2-3&4      Side shuffle right stepping right-left-right, side shuffle left stepping left-right-left  
5-6&7-8      Rock back onto right, rock forward onto left, step right beside left, step left forward, rock back  
onto right

REPEAT

RESTART

On the second wall restart dance after count 16 (you will be facing 3:00)

TO END THE DANCE

On count 24 (facing 3:00) turn ¼ left (to face front) stepping left beside right - (instead of rocking left to left)

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