

Staying Alive

COPPER KNOB
BY STEPHEN METZ

拍数: 84 墙数: 4 级数: Intermediate
编舞者: Jenna Pogue (UK) - March 2006
音乐: Staying' Alive - Bee Gees : (CD: Greatest Hits)



24 count intro

Sequence: A, B, A, B, A, B, A, B, A with Tag and Restart, B, A

Section A

WALK FORWARD X3, POINT, WALK BACK X3, HOOK

1-4 Walk forward Right, Walk forward Left, Walk forward Right, Point Left to Left side
5-8 Walk back Left, Walk back Right, Walk back Left, Hook Right

STEP ¼ TURN RIGHT, SIDE, RIGHT SAILOR STEP WITH CROSS, SWAY X4

1,2,3&4 Step ¼ Turn Right, Step Left to Left side, Step Right Behind, Step Left to Left side, Cross
Right over Left
5,6,7&8 Sway out onto Left, Sway Right, Sway Left, Sway Right, Sway Left

SIDE, TOGETHER, RIGHT CHASSE, POINT X3, TOUCH

1,2,3&4 Step Right to Right side, Step Left next to Right, Step Right to Right side, Close Left next to
Right, Step Right to Right side
5-8 Point Left in front, Point Left to Left side, Point Left behind, Touch Left in place

SIDE, TOGETHER, LEFT CHASSE, POINT X3, TOUCH

1,2,3&4 Step Left to Left side, Step Right next to Left, Step Left to Left side, Close Right next to Left
Step Left to Left side
5-8 Point Right in front, Point Right to Right side, Point Right behind, Touch Right in place

STEP ¼ TURN RIGHT X2, STEP ½ TURN RIGHT, TOUCH, HEEL, TOE, SHIMMY

1-4 Step ¼ Turn Right onto Right, Step ¼ Turn Right onto Left, Step ½ Turn Right onto Right
Touch Left in Place
5-6 Touch Left Heel to Left Diagonal, Touch Left Toe in place
7-8 Bend Knees slightly and Shimmy on the spot for 2 counts

STEP ¼ LEFT X2, STEP ½ TURN LEFT, TOUCH, HEEL, TOE, SHIMMY

1-2 Step ¼ Turn Left onto Left, Step ¼ Turn Left onto Right
3-4 Step ½ Turn Left onto Left, Touch Right in place
5-6 Touch Right heel to Right Diagonal, Touch Right toe in place
7-8 Bend Knees slightly and Shimmy on the spot for 2 counts

SIDE, TOGETHER, X2, POINT, TOUCH, POINT, STEP

1-4 Step Right to Right side, Step Left next to Right, Step Right to Right Side, Step Left next to
Right
5-8 Point Right to Right side, Touch Right in place, Point Right to Right side, Step Right in place

SIDE, TOGETHER, X2, POINT, TOUCH, POINT, TOUCH

1-4 Step Left to Left side, Step Right next to Left, Step Left to Left side, Step Right next to Left
5-8 Point Left to Left side, Touch Left in place, Point Left to Left side, Touch Left in place

Section B

& CROSS, SIDE, TOGETHER, CHASSE LEFT, HEEL, TOE, HEEL

& 1-2 Step down on Left, Cross Right over Left, Step Left to Left side,
3-4 Step Right next to Left, Step Left to Left side

&5-6 Close Right next to Left, Step Left to Left side, Touch Right heel in place
7-8 Touch Right toe in place, Touch Right heel in place

& CROSS, SIDE, TOGETHER, CHASSE LEFT, HEEL, TOE, HEEL

& 1-2 Step down on Right, Cross Left over Right, Step Right to Right side

3-4 Step Left next to Right, Step Right to Right side

& 5-6 Close Left next to Right, Step Right to Right side, Touch Left heel in place

7-8 Touch Left toe in place, Touch Left heel in place

& CROSSING JAZZ BOX

& 1-2 Step down on Left, Cross Right over Left, Step back onto Left

3-4 Step Right to Right side, Step Left in place

Tag: Wall 5 during Section A - 4 count Tag after count 36 then Restart A

KICK BALL CROSS, SIDE, TOUCH

1&2 Kick Left, Step down on Left foot, Cross Right over Left

3-4 Step Left to Left side, Touch Right in place
