

I Am Alive

COPPERKNOB
STEPSHEETS

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Liu Sum Loong (MY) - August 2013
音乐: I'm Alive - Céline Dion



Intro: 24 count ** Optional:

Touch. Kick. Right coaster. Touch. Kick. Left Coaster

1, 2 R touch, Kick R fwd
3&4 Step RF back. Step LF together. Step RF fwd
5, 6 L touch. Kick LF fwd
7&8 Step LF back. Step RF together. Step LF fwd

Right Side. Behind. Sailor Cross. Left Side. Behind. Sailor Cross.

1, 2 Step RF to R. Step LF behind RF
3&4 Sweep Step RF behind LF. Step LF to side. Cross step RF over LF
5, 6 Step LF to L. Step RF behind LF
7&8 Sweep Step LF behind RF. Step RF to side. Cross step LF over RF

Pivot ½ turn Left X 2. Hip Bumps

1, 2 Step RF fwd. pivot ½ turn L Step on LF (Weight on LF)
3, 4 Step RF fwd. pivot ½ turn L Step on LF (Weight on LF)
5678 Touch RF fwd. Hip bumps R L R L (Or Hip Rolls-clockwise)

The Dance:

Sequence: 56, 16, 56, 16, 56, 24, Tag, 56, 8 Closing

*Restart after Sec.2 on 2nd wall & 4th wall

** Optional - 4 counts Tag after Sec. 3 on 6th wall

(Sec.1) Step. Lock Step. ½ Turn Right. Sweep. Behind Side Cross

1, 2&3 Step RF fwd. Lock LF behind RF. Step RF fwd ½ turn R, Step back LF and sweep RF from front to back (Facing 6)
4&5 Cross step RF behind LF. Step LF to L. Cross RF over LF
6, 7 Rock LF to L. Recover RF
8&1 Cross LF over RF. Step RF to R. Cross LF over RF

(Sec.2) Rock. Recover. ¼ Left. Lock Step. Full Right Turn. Side Together Cross

2, 3 Rock RF to R. ¼ turn L. Step on LF (Facing 3)
4&5 Step RF fwd. Step lock LF behind RF. Step RF fwd
6, 7 ½ Turn R step back LF. ½ Turn R step RF fwd
8&1 Step LF to L. Step RF together. Cross LF over RF

* Restart: On 2nd. Wall. On 4th. Wall - Section 2 dance up to count 8: Step left forward

(Sec.3) Rock. Hold. Together. ¼ Forward. Forward. Recover. ¼ Left Sailor

2, 3 Rock RF to R. Hold
& 4, 5 Step RF together with LF. ¼ turn L step LF fwd. Step RF fwd (Facing 12)
6, 7 Rock LF fwd. Recover RF
8&1 Step LF behind RF. ¼ turn L step RF in place. Step LF fwd (Facing 9)

** Do the 4 count Tag on wall 6 and restart :-

2, 3 ½ turn L step back on RF (Facing 3) ¼ turn L sweep LF from front to back
4&5 Step LF behind RF. Step RF to side. Step LF forward. (Facing 12)

(Sec.4) Skate. Skate. Chasse. Sway. Sway. Coaster Step

2, 3 Skate RF to R. Skate LF to L
4&5 Step RF to R. Step LF together. Step RF to R
6, 7 Sway L. Sway R
8&1 Step LF back. Step RF together. Step LF fwd

(Sec.5) Back. Kick. Triple ½ Turn. Pivot ½Turn. Walk. Walk

2, 3 Step RF in place. Low kick LF fwd
4&5 ¼ Turn L Step LF to side. Step RF together (6) ¼ Turn L Step LF fwd (Facing 3)
6, 7 Step RF fwd. ½ turn L (Weight on LF) (Facing 9)
8, 1 Cross walk RF over L, (Stepping slightly diagonally forward). Cross walk LF over Right,
(Stepping slightly diagonally forward)

(Sec.6) Side Together Forward. Left Mambo. Syncopated Vine Left. ¼ Step. Step

2&3 Step RF to R. Step LF together. Step RF fwd
4&5 Step LF fwd. Recover RF. Step LF back
6&7&8 Step RF behind LF. Step LF to L. Cross RF over LF. Step LF to L. Step RF behind LF
& 1 ¼ turn L step LF fwd. Step RF fwd (Facing 6)

(Sec.7) Lock Step. Right Mambo. Left Coaster. Hip Bumps

2&3 Step LF fwd. Step lock RF behind LF. Step LF fwd
4&5 Step RF fwd. Recover LF. Step RF back
6&7 Step LF back. Step RF together. Step LF fwd
8 & Touch RF fwd with R hip bump. L hip bump (Facing 6)

Start again.

Closing: Wall 8-Just dance section 1: with ending pose

Ending Pose: Cross RF over LF, Unwind full turn left (Facing 12) With hands up V pose. Estimated 4 counts.

Have fun and enjoy dancing!

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