

Love Is Alive

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Gaye Teather (UK) & Val Myers (UK) - October 2013
音乐: Love Is Alive - Phil Vassar : (Written as 186 bpm)



Intro: 48 counts from very first beat. (19 seconds). Start on vocals

Dance rotates in CW direction

Touch out. Touch in. Kick. Step. Side rock. Cross. Hold

1 – 4 Touch Right toe to Right side. Touch Right toe beside Left. Kick Right foot forward. Step Right beside Left

5 – 8 Rock Left to Left side. Recover onto Right. Cross Left over Right. Hold

Vine quarter turn Right. Hold. Step. Pivot half turn Right. Half turn Right. Hold

1 – 4 Step Right to Right side. Cross Left behind Right. Quarter turn Right stepping forward on Right. Hold

5 – 8 Step forward on Left. Pivot half turn Right. Half turn Right stepping back on Left. Hold (Facing 3 o'clock)

Non-turning option for counts 5 – 8 above: Left forward Mambo. Hold

Right Shuffle Back. Hold. Left Coaster step. Hold

1 – 4 Step back on Right. Step Left beside Right. Step back on Right. Hold

5 – 8 Step back on Left. Step Right beside Left. Step forward on Left. Hold

Step. Pivot quarter turn Left. Cross. Hold. Side. Hold. Touch. Hold

1 – 4 Step forward on Right. Pivot quarter turn Left. Cross Right over Left. Hold.

5 – 8 Step Left to Left side. Hold. Touch Right next to Left. Hold

***Tag/restart: At this point during wall 5 add the 8 count tag (see note below) and restart dance from beginning facing 12 o'clock**

Side Right. Together. Forward. Hold. Side Left. Together. Quarter turn Left. Hold

1 – 4 Step Right to Right side. Step Left beside Right. Step forward on Right. Hold

5 – 8 Step Left to Left side. Step Right beside Left. Quarter turn Left stepping forward on Left. Hold (Facing 9 o'clock)

Step. Hold. Pivot half turn Left. Hold. Step. Lock. Step. Lock

1 – 4 Step forward on Right. Hold. Pivot half turn Left. Hold (Facing 3 o'clock)

5 – 8 Step forward on Right. Lock Left behind Right. Step forward on Right. Lock Left behind Right

Right Coaster step forward. Hold. Left Coaster step back. Hold

1 – 4 Step forward on Right. Step Left beside Right. Step back on Right. Hold

5 – 8 Step back on Left. Step Right beside Left. Step forward on Left. Hold.

Right Scissor step. Hold. Left Scissor step. Hold

1 – 4 Step Right to Right side. Step Left beside Right. Cross Right over Left. Hold

5 – 8 Step Left to Left side. Step Right beside Left. Cross Left over Right. Hold

Start again

*** Add the following 8 count tag after count 32 of wall 5 (facing 12 o'clock) and then restart from the beginning facing front**

Side. Hold. Touch. Hold. Side. Hold. Touch. Hold

1 – 4 Step Right to Right side. Hold. Touch Left next to Right. Hold.

5 – 8 Step Left to Left side. Hold. Touch Right next to Left. Hold.

Optional Ending: (To finish facing front). During wall 8, dance to count 8 of section 5 then step forward on Right. Hold. Pivot quarter turn Left. Hold. Cross Right over Left. Step Left to Left side. Cross Right over Left. Step Left to Left side
