

Alive (好好地活) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - 2009年04月
音樂: Alive - Natalie Bassingthwaight



前奏 : Starts on Vocal (16 Counts)

第一段 Out, Out, Together, Cross Shuffle, Side, Rock, Step 外, 外, 併, 交叉交換, 側, 下沉, 踏

- 1-3 Step fwd & slightly out on L, step fwd & slightly out on R, step L next to R. 左足左前踏, 右足右前踏, 左足併踏
- 4&5 Cross step R over L, step L to L side, cross step R over L. 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 6-8 Step L to L side, rock back on R, recover on L. 左足左踏, 右足後下沉, 左足回復

第二段 Shuffle ¼, Rock, Step, Step, Hold, & Step, ½ Pivot 轉交換, 下沉回復, 踏, 候, 併踏, 轉1/2

- 1&2 Make ¼ turn to L stepping R to R side, ¼ turn to L stepping L next to R, step back on R. 左轉90度右足右踏, 左轉90度左足併踏, 右足後踏
- 3-4 Rock back on L, recover on R. 左足後下沉, 右足回復
- 5-6 Step fwd on L, Hold. 左足前踏, 候
- &7-8 Step R next to L, step fwd on L, pivot ½ turn to R. 右足併踏, 左足前踏, 右軸轉180度

第三段 ¼, Sailor Step, Sailor Step, Behind, Side, Cross. 1/4, 水手步, 水手步, 後, 旁, 交叉

- 1 Make ¼ turn to R stepping L to L side. 右轉90度左足左踏
- 2&3 Cross step R behind L, step L to L side, step R to R side. 右足於左足後交叉踏, 左足左踏, 右足右踏
- 4&5 Cross step L behind R, step R to R side, step L to L side. 左足於右足後交叉踏, 右足右踏, 左足左踏
- 6-8 Cross step R behind L, step L to L side, cross step R over L. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

第四段 Sway, Sway, Sway, Rock Step, ¼, Shuffle ½. 擺臀, 擺臀, 擺臀, 下沉回復, 1/4, 轉交換

- 1-3 Sway hips to L, sway hips to R, sway hips to L. 左擺臀, 右擺臀, 左擺臀
- 4-6 Rock back on R, recover on L, make ¼ turn to L stepping back on R. 右足後下沉, 左足回復, 左轉90度右足後踏
- 7&8 Make ¼ turn L stepping L to L side, ¼ turn L stepping R next to L, step fwd on L. 左轉90度左足左踏, 左轉90度右足併踏, 左足前踏

第五段 Hitch, Touch, Hitch Ball Step, ½ Monterey Turn. 抬, 點, 抬併踏, 蒙特瑞轉

- 1-2 Hitch R knee fwd, touch R toe next to L. 右膝前抬, 右足趾併點
- 3&4 Hitch R knee fwd, step R next to L, step fwd on L. 右膝前抬, 右足併踏, 左足前踏

- 5-6 Point R to R side, make ½ turn R stepping R next to L.
右足右點, 右轉180度右足併踏
- 7-8 Point L to L side, step L next to R.
左足左點, 左足併踏

第六段 ½ Monterey Cross, Cross, Back, & Step, ½ Pivot.
蒙特瑞轉交叉, 交叉, 後, 踏, 轉

- 1-2 Point R to R side, make ½ turn R stepping R next to L.
右足右點, 右轉180度右足併踏
- 3-4 Point L to L side, cross step L over R.
左足左點, 左足於右足前交叉踏
- 5-6 Cross step R over L, step back on L.
右足於左足前交叉踏, 左足後踏
- &7-8 Step R next to L, step fwd on L, pivot ½ turn to R.
右足併踏, 左足前踏, 右轉180度

RESTART: Dance Up To & Including Count 48. Wall 3. Then Restart Dance From Beginning 第三面牆跳至此, 從頭起跳

第七段 Step, ½ Turn, Shuffle ½ Turn, Rock Step, Coaster Cross.
踏, 轉, 轉交換, 下沉回復, 海岸交叉

- 1-2 Step fwd on L, make ½ turn to L stepping back on R.
左足前踏, 左轉180度右足後踏
- 3&4 Make ¼ turn L stepping L to L side, ¼ turn L stepping R next to L, step fwd on L. 左轉90度左足左踏, 左轉90度右足併踏, 左足前踏
- 5-6 Rock fwd on R, recover on L.
右足前下沉, 左足回復
- 7&8 Step back on R, step L next to R, cross step R over L.
右足後踏, 左足併踏, 右足於左足前交叉踏

第八段 Side Rock, Crossing Shuffle, ¼, ¼, R Shuffle.
側下沉, 交叉交換, 1/4, 1/4, 交換步

- 1-2 Rock L to L side, recover on R. 左足左下沉, 右足回復
- 3&4 Cross step L over R, step R to R side, cross step L over R.
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 5-6 Make ¼ turn to L stepping back on R, ¼ turn L stepping L to L side.
左轉90度右足後踏, 左轉90度左足左踏
- 7&8 Step fwd on R, step L next to R, step fwd on R.
右足前踏, 左足併踏, 右足前踏

TAG: At END Of Wall 2 (Facing Front) 第二面牆結束面向前面牆時加拍

Rock Step, Coaster Step, Rock Step, Coaster Step
下沉回復, 海岸步, 下沉回復, 海岸步

- 1-2 Rock fwd on L, recover on R. 左足前下沉, 右足回復
- 3&4 Step back on L, step R next to L, step fwd on L.
左足後踏, 右足併踏, 左足前踏
- 5-6 Rock fwd on R, recover on L. 右足前下沉, 左足回復
- 7&8 Step back on R, step L next to R, step fwd on R.
右足後踏, 左足併踏, 右足前踏
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