

I'm Alive (生命多美好) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Keith Strobe (UK) - 2002年03月
音樂: I'm Alive - Céline Dion



- 第一段** **Walk x 2. Right Mambo Step. Left Back Lock Step. Touch ½ Turn Right**
走走, 前曼波, 後鎖步, 後點, 轉
- 1-2 Walk forward right. Walk forward left. 前走2步 (右足、左足)
- 3&4 Rock forward on right. Rock back onto left. Step right beside left
曼波步 (右足前下沉, 左足後回復, 右足在左足旁踏)
- 5&6 Step back on left. Step right across in front of left. Step back on left. 後鎖步 (左足後踏, 右足交叉於左足前踏, 左足後踏)
- 7 Touch right toe back. 右足趾後點
- 8 On ball of left pivot ½ turn right. (weight remains on left)
以左足掌右後轉 (重心在左足)
- 第二段** **Right Forward Shuffle. Rock & Cross. ½ Right Monterey Turn. Left Lock Step** 前交換, 曼波交叉, 蒙特瑞轉, 前鎖步
- 1&2 Step forward on right. Step left beside right. Step forward on right.
向前交換步 (右足前踏, 左足在右足旁踏, 右足前踏)
- 3&4 Rock left to left side. Rock back onto right. Cross left over right 左足左下沉, 右足後下沉, 左足交叉於右足前
- 5-6 Touch right toe to right side. Pivot ½ turn right stepping right beside left. 蒙特瑞右後轉 (右足趾右側點, 右後轉)
- 7&8 Step forward on left. Lock right behind left. Step forward on left. 前鎖步 (左足前踏, 右足在左足後踏, 左足前踏)
- 第三段** **Toe Touches. Syncopated Toe Touches. Back Shuffle. Coaster Step.**
前點 右點, 併點 右點 併點, 後交換, 海岸步
- 1-2 Touch right toe forward. Touch right toe to right side.
右足趾前點, 右足趾右點
- 3&4 Touch right toe beside left. Touch right toe to right side. Touch right to beside left. 右足趾併點, 右足趾右點, 右足趾併點
- 5&6 Step back on right. Step left beside right. Step back on right.
向後交換步 (右足後踏, 左足踏併, 右足後踏)
- 7&8 Step back on left. Step right beside left. Step forward on left
海岸步 (左足後踏, 右足踏併, 左足前踏)
- 第四段** **Side. Behind. ¼ Turn Shuffle. Rock Step. Triple ½ Turn**
右, 後, 1/4轉交換, 下沉 回復, 三步轉
- 1-2 Step right to right side. Cross step left behind right.
右足右側踏, 左足交叉於右足後踏
- 3&4 Step right ¼ turn right. Step left beside right. Step forward right. 右轉交換步 (右足右轉右踏, 左足踏併, 右足前踏)
- 5-6 Rock forward on left. Rock back onto right
左足前下沉, 右足後下沉
- 7&8 Triple ½ turn left stepping - Left, Right, Left
小三步左後轉 (左、右、左)
- Big Finish: To fit with the music, after the ninth wall do the following.

