

Stayin'Alive AB (Absolute Beginner)

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Marylène Bocquet (FR) - October 2016
音樂: Stayin' Alive - Julian Perretta, Francesco Yates & Måns Zelmerlöw : (From Saturday Night Fever)



#16 counts Intro - NO TAG NO RESTART

Dance written for BOUFFERE FESTIVAL (France) 5 & 6 November 2016 for absolute beginners dancers

This dance version exists as a beginner/improver level dance. It is called STAYIN' ALIVE

Section 1: DIAGONAL TOUCH- x 2, WALK BACK R-L-R-L

1 - 2 Step right foot diagonally forward Touch left close to right facing
3 - 4 Step left foot diagonally forward, Touch right close to left
5 - 6 Walk back on right foot, Walk back on left foot,
7 - 8 Walk back on right foot, Walk back on left foot,

Section 2: MODIFIED RUMBA,

1 - 2 Step right foot to right side, Step left foot beside right,
3 - 4 Step right forward, Touch left close to right
5 - 6 Step left foot to left side, Step right foot beside left,
7 - 8 Step left forward, Touch right close to left

Section 3: SIDE TOGETHER SIDE TOUCH , SIDE TOGETHER ¼ TURN LEFT TOUCH

1 - 2 Step right foot to right side, Step left beside right,
3 - 4 Step right foot to right side, Step left foot close to right
5 - 6 Step left to left side, Step right beside left
7 - 8 Step left to left side, ¼ turn left touch right close to left (Weight on left) 9:00

Section 4: OUT, OUT, IN, IN, STOMP x2, BUMP HIPS L-R-L

1 - 2 Step right to right diagonal, Step left to left diagonal, (Feet apart)
3 - 4 Step right back in place, Step left back in place, (Feet together)
5 - 6 Stomp right foot to right, Stomp left foot to left (Feet apart)
7&8 Bump hips Left, Right, Left (Weight on left)

A big thank you to my friend Greg, who does the English translations for all my dances.

DON'T FORGET TO SMILE AND HAVE FUN – PEOPLE MAY BE WATCHING!

Contact: bocquetfamily1@free.fr