

Staying Alive

拍數: 72 牆數: 1 級數: Phrased Fun Dance
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音樂: Stayin' Alive (Glee Cast Version) - Glee Cast : (iTunes)



Dance starts after 24 counts

PART A: 32 counts

A1: 3 X WALK FORWARD, KICK, 3X WALK BACK, TOUCH

1,2,3,4 RF step forward, LF step forward, RF step forward, LF kick forward
5,6,7,8 LF step back, RF step back, LF step back, RF touch

A2: SIDE, CLOSE, SIDE, TOUCH, SIDE, CLOSE, SIDE, TOUCH,

1,2,3,4 RF step side, LF close to RF, RF step side, LF touch
5,6,7,8 LF step side, RF close to LF, LF step side, RF touch

A3: RIGHT HIP HIGH, AND LOW, AND HIGH, AND STEP ON RF, (SAME WITH LEFT FOOT)

1&2 RF touch diagonal forward & push hip up, hip center, push hip down,
&3&4 Push hip up, hip centre, RF step on RF
5&6 LF touch diagonal forward & push hip up, hip center, push hip down,
&7&8 Push hip up, hip centre, LF step on LF

A4: TOE STRUT RIGHT (HANDMOVE) TOE STRUT LEFT (HANDMOVE) 4X STEP IN PLACE AND USE HANDS

1,2 RF touch side, clap heel down (make a rolling wheel with your hands right on level of your head)
3,4 LF touch side, clap heel down (make a rolling wheel with your hands left on level of your head)
5,6,7,8 4 X step in place (RF-LF-RF-LF), Push your elbows to the back 4x

TAG

1-8 step in place RF-LF-RF-LF- RF-LF-RF-LF

CHORUS (PART B) 40 COUNTS

B1: MAMBO STEP FORWARD, MAMBO STEP BACK, POINTING ARMS UP AND DOWN

1&,2,3&4 RF rock forward, back on LF, RF step back, LF rock back, back on RF, LF step forward
5,6,7,8 Point right finger right up, Point right finger left down, (2)

B2: 4 X PADDLE ¼ TURN LEFT, POINTING ARMS UP AND DOWN

1,2,3,4 ¼ turn left & RF touch side, (4x)
5,6,7,8 Point right finger right up, Point right finger left down, (2)

B3: OUT, OUT, IN, IN, POINTING ARMS UP AND DOWN

1,2,3,4 RF step out, LF step out, RF step in, LF step in
5,6,7,8 Point right finger right up, Point right finger left down, (2)

B4: RIGHT ARM UP, BIT DOWN, BIT DOWN, DOWN (SNAPPING FINGERS), WAVE RIGHT ARM FROM DOWN TO UP

1,2,3,4 RF snap finger high right, a bit lower, a bit lower, and down
5,6,7,8 Start move Right arm from down to up right side (KEEP IT UP)

B5: WAVE LEFT ARM FROM DOWN TO UP (LEFT HAND), BOTH ARMS DOWN

1,2,3,4, Start move Left arm from down to up right side
5,6,7,8 Both arms moving down

DANCE SEQUENCE: A-B-TAG-A-B-TAG-A-TAG-A-B-B

Have fun!

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