

# Man Alive

拍數: 32      牆數: 4      級數: Improver  
編舞者: Pat Stott (UK), Hayley Wheatley (UK), Dave Morgan (UK) & Suzi Beau (ENG) -  
April 2017  
音樂: Last Man Alive - Shakin' Stevens



LDF Lydiate April 2017 – Dedicated to host Paul O'Connor

## SECTION 1: TOE STRUT, CROSS STRUT, ROCKING CHAIR, TOE STRUT, CROSS STRUT, SIDE ROCK CROSS

1&2&      Step onto ball of R to R side, Drop heel, Cross L over R Stepping on ball of L, drop heel  
3&4&      Rock fwd on R, recover on L, Rock back on R, recover on L facing 1:30  
5&6&      Step onto ball of R to R side, Drop heel, Cross L over R Stepping on ball of L, drop heel  
7&8      Rock R to R side, Recover on L, Cross R over L Straighten up to 12:00

## SECTION 2: CHASSE LEFT, 1/2 TURN RIGHT HITCH, CHASSE RIGHT, CROSS BACK HIP BUMP X3

1&2      Step L to L side, Close R to L, Step L to L side  
&3&4      Turn 1/2 R on ball of L, Hitching R knee, Step R to R side, Close L to R, Step R to R side  
5,6      Cross L over R, Step back on R  
7&8      Step L to L side bumping hips L, Bump hips R, Bump hips L

## SECTION 3: KICK RIGHT, STEP , KICK LEFT, STEP, KICK RIGHT, POINT RIGHT, KICK RIGHT , CROSS BACK, RIGHT CHASSE

1&2&      Low kick R pointing toe forward rising up on ball of L, Step forward on R, Low kick L pointing toe forward rising up on ball of R, Step forward on L,  
3&4      Low kick R across left , Point R back to R diagonal, Low kick R across L,  
5,6      Cross R over L, Step back on L,  
7&8      Step R to R side, Close L to R, Step R to R Side (Optional styling to move alternate shoulders up down up as you chasse)

## SECTION 4: CROSS, 1/2 HINGE TURN, POINT RIGHT, 1/4 RIGHT, POINT LEFT, CROSS SHUFFLE

1,2      Cross L over R, Turn 1/4 L Stepping back on R  
3,4      Turn 1/4 L Stepping L to L Side, Point R to R side  
5,6      Turn 1/4 R Stepping fwd R, Point L to L side  
7&8      Cross L over R, Step R to R side, Cross L over R

## TAG AT THE END OF WALL 1 & 3

Tag will turn a full circle anti-clockwise, Right Heel Strut, Left Heel Strut, Right Lock Step, Left Heel Strut, Right Heel Strut, Left Lock Step (Clap hands as you drop toe down )

1&2&      Step R heel fwd, Drop toe down making 1/8 turn L (Clap), Step L heel forward, Drop toe down making 1/8 turn L (Clap)  
3&4      Step R fwd, Lock L behind R, Step R fwd, making 1/4 turn L  
5&6&      Step L heel forward, Drop toe down,(Clap) making 1/8 turn L, Step R heel fwd, Drop toe down making 1/8 turn L (Clap)  
7&8      Step L fwd, Lock R behind L, Step fwd L making 1/4 turn L

Last Update - 9th May 2017