

Alive In Us

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Beginner
編舞者: Shirley Tam (CAN) - March 2019
音樂: Alive - Hillsong Young & Free



Intro : 32 Counts

Section 1: R Side Chasse, Rock Back, Recover, Toe Strut, Crossing Toe Strut

1&2 Step R to R side, Step L beside R, Step R to R side
3-4 Step back on L, recover on R
5-8 Touch L toe to L, Drop L heel, Touch R toe cross in front of L, Drop R heel

Section 2: L Side Chasse, Rock Back, Recover, Toe Strut, Crossing Toe Strut

1&2 Step L to L side, Step R beside L, Step L to L side
3-4 Step back on R, recover on L
5-8 Touch R toe to R, Drop R heel, Touch L toe cross in front of R, Drop L heel

Section 3: Side Rock Recover Cross, Hold x 2

1-4 Step R to R, Recover on L, R cross in front of L, Hold
5-8 Step L to L, Recover on R, L cross in front of R, Hold

Section 4: Pivot 1/2 Turn L, 1/2 Turn L, Hitch, Back, Back, Back, Hitch

1-4 Step R forward, pivot 1/2 turn L, Step R back with 1/2 turn L, L hitch
5-8 Step L back, Step R back, Step L back, R hitch

(Restart here on Wall 1 & 4)

Section 5: R Side Chasse, Rock Back, Recover, L Side Chasse, Rock Back, Recover

1&2 Step R to R side, Step L beside R, Step R to R side
3-4 Step back on L, recover on R
5&6 Step L to L side, Step R beside L, Step L to L side
7-8 Step back on R, recover on L

Section 6: Shuffle 1/2 Turn L, Step Back, Recover, Shuffle 1/2 Turn R, Step Back, Recover

1&2 Shuffle 1/2 Turn Left on R, L, R
3-4 Step back on L, recover on R
5&6 Shuffle 1/2 Turn Right on L, R, L
7-8 Step back on R, recover on L

Section 7: Toe Strut Forward x 4

1-4 Touch R toe forward, Drop R heel, Touch L toe forward, Drop L heel
5-8 Touch R toe forward, Drop R heel, Touch L toe forward, Drop L heel

Section 8: Rocking Chair, Jazz Box with 1/4 Turn R

1-4 Step R forward, Recover on L, Step R back, Recover on L
5-8 Step R cross over L, Step L back, Step R to side with 1/4 Turn R, Step L forward

*** 2 Restarts: after 32 counts on Wall 1 (12:00) & Wall 4 (6:00)

*** Ending: after 16 counts on Wall 9 (6:00)

Making 1/2 Turn R to the front (12:00) and shift your weight on R with ending pose

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