

Stay Inside Stay Alive

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Nora Chuang (USA) - March 2020
音樂: Stayin' Inside - Brent McCollough : (Parody of Bee Gees "Stayin' Alive")



Music: "Stayin' Alive" by the Bee Gees is available on iTunes and Amazon.
Start dance 24 counts.

No tags, no restarts.

S 1: (Dorothy Steps) x 2, Forward/Recover, Shuffle ½ Right Turn (12 ->6 o'clock)

1,2& Right Dorothy: R diagonal forward (1), L lock (2), R diagonal forward (&)
3,4& Left Dorothy: mirror right side
5,6 R rock forward (5), L recover (6)
7&8 Shuffle ½ right turn, R (7), L (&), R (8)

S 2: Out, Out, Flick, Side, Flick Side, Coaster Step (6 o'clock)

1,2 L step forward diagonal (1), R step forward diagonal (2)
3,4 L flick up/behind, step to left side
5,6 R flick up/behind, step to right side
7&8 Coaster steps: L step back (7), R step back together (&), L step forward (8)

S 3: (Step Forward, Side Rock/Recover) x 2, Jazz Box w ¼ Right Turn (6 -> 9 o'clock)

1,2& R step forward (1), L rock to side (2), R recover (&)
3,4& L step forward (3), R rock to side (4), L recover (&)
5-8 Jazz box with ¼ right turn: R cross over L (5), L step to step to side while making ¼ right turn (6), R step to side next to L (7), L cross over R (8)

S 4: Hip Bumps w Hands Pointing Up/Down, Cross R over L, ¼ Left Turn (9 -< 6 o'clock)

1&2& Hip bumps R (1), L (&), R (2), L (&), at the same time point R hand up to right side with index finger up (1), point R hand down to left side (2)
3&4& Repeat steps 1&2&
5&6& Mirror steps 1&2&: hip bumps R, L, R, L, at the same time point L hand up to left side with index finger up (5), point L hand down to left side (6)
7,8 Cross R over L on right ball (7), make ¼ left turn while shifting weigh to L (8)

Start dance again.

Enjoy. Stay inside and stay safe!

Option 2 for S 4: Use "flossing" moves for steps 1&2&3&4&5&6&. See teach tape for demo.

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