

Beat The Blues – Stayin' Alive

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Sue Wilson (NZ) - April 2020
音樂: Stayin' Alive - Bee Gees : (Album: The Very Best of the Bee Gees)



[1 – 8] R OUT-OUT, R BEHIND, L SIDE ROCK, L BEHIND-SIDE-CROSS, R BOX STEP FWD

&1 R Out to R Side, L Out to L Side,
2 3 4 R Step Behind, L Rock to Side, Recover onto R
5 & 6 L Step Behind-R Step Side-L Cross over R
7 & 8 R Step Side-Close L Beside R- R Step Fwd

[9 – 16] L ROCK FWD BCK, L COASTER 1/2R-ball-STEP L FWD, 1/2R BCK, 1/2L SHUFFLE FWD

9 10 11 & 12 L Rock Fwd Recover onto R, ◎ Step L Bck-1/2R Together-Step L Fwd-
&13 14 (&)ball- Long Step L Fwd, 1/2L Stepping R foot Back
15 & 16 Turn 1/2L Shuffle Fwd L R L (6:00)

[17 – 20] R SIDE BEHIND-ball-CROSS L OVER R, UNWIND 1/2R (weight on L foot)

17 18&19 20 R Side, L Behind-ball step beside L-Cross R over L, ◎◎Unwind 1/2R (wgt on L) (12:00)

[21 – 24] R CROSS ROCK, RECOVER, R SAMBA STEP FWD

21 22 23&24 R Cross, Recover Bck onto L, R Side Rock-Recover onto L-R Step Fwd

[25 – 32] L POINT, STEP, R POINT, STEP, L BCK, 1/4R FWD, L SHUFFLE FWD LRL

25 26 27 28 L Point to side and Step Fwd (wgt on L) R Point to side and Step Fwd (wgt on R)
29 30 31&32 Step Bck on L, 1/4R Step Fwd, L Shuffle Fwd (3:00)

RESTARTS:-

R1 - Wall 3 Facing Back Wall Dance to Count 10 ◎ Complete Coaster Step (NO TURN)

Restart Dance facing 6:00 wall

R2 - Wall 6 Facing Front Wall Dance to Count 19 ◎◎ HOLD Count 20 (NO TURN)

Restart Dance facing 6:00 wall

COVID-19 New Zealand is in lockdown – We are moving into ALERT Level 3

Not a lot will change for us Line Dancers, social distancing is still of importance for us all.

We still need to maintain our 'bubbles' - But are able to move about a little more.

Many businesses will be able to get up and running, which is great for our economy.

We have done a great job and lets 'Beat the Blues'

ENJOY, DANCE & SMILE