

Alive

拍數: 32 牆數: 4 級數: Improver
編舞者: Luke Shrimpton (UK) - July 2024
音樂: Set My Heart On Fire (I'm Alive x And The Beat Goes On) (feat. Céline Dion)
(Jess Bays Remix) - Majestic & The Jammin Kid



Intro: 32 counts - No Tags or Restarts

[1-8] Walk R,L, Mambo Step R, Hips L,R,L,R

- 1 Step right forward
- 2 Step left forward
- 3&4 Rock right forward, recover weight on left, Step back on right (sitting weight into right hip)
- 5 Push left hip forward
- 6 Sit back into right hip
- 7 Push left hip forward
- 8 Sit back into right hip

[9-16] Step back L, Touch R back, ¼ Turn R, Step on to R, Cross Rock, Side shuffle L

- 9 step back on left
- 10 Point right toe back
- 11 Pivot ¼ right (3 O'clock)
- 12 Transfer weight on to right
- 13 Cross rock left over right
- 14 Recover weight on to right
- 15&16 Step left to left, step right together, step left to left

[17-24] Cross R, Point L, Cross L, Point R, ¼ Paddle turns

- 17 Cross right over left
- 18 Point left to left
- 19 Cross left over right
- 20 Point right to right side
- 21 Turn ¼ turn left pointing right to right (12 O'clock)
- 22 Turn ¼ turn left pointing right to right (9 O'clock)
- 23 Turn 1/8 turn left point right to right (7:30)
- 24 Turn 1/8 turn left point right to right (6 O'clock)

[25-32] Jazzbox ¼ R, 2x Pivot ½ turns

- 25 Cross right over left
- 26 Step back on left
- 27 Step right forward turning ¼ turn right (9 O'clock)
- 28 Step left together
- 29 Step right forward*
- 30 Pivot ½ turn over left shoulder (3 O'clock)
- 31 Step right forward
- 32 Pivot ½ turn over left shoulder (9 O'clock)

*Non-turning option (replace last 4 counts with rocking chair right – 29 Rock forward on right, 30 recover on left, 31 rock back on right, 32 recover on left)