

# Born To Be Alive

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Mathew Sinyard (UK) - July 2024  
音樂: Born to Be Alive - Patrick Hernandez



Intro: 16 counts

\*\*2 Restarts (see notes below)

## Section 1 Side Rock, Recover, Cross Shuffle, Side Rock, Recover, Cross Shuffle.

1 2            Rock right to side, recover on to left.  
3 & 4        Cross right in front of left, step left to side, cross right in front of left.  
5 6            Rock left to side, recover on to right.  
7 & 8        Cross left in front of right, step right to side, cross left in front of right. (12:00)

## Section 2 ¼, Side, Shuffle ½, Walk Back L R, L Coaster Step.

1 2            ¼ turn left stepping back on right, step left to side.  
3 & 4        ¼ turn left stepping right to side, close left beside right, ¼ turn left stepping back on right.  
5 6            Step back on left, step back on right.  
7 & 8        Step back on left, close right beside left, step forward on left. (3:00)

## Section 3 Step Lock, Heel Ball Step, Diagonal Rock, Recover, Behind Side Cross.

1 2            Step right forward to right diagonal, lock left behind right.  
3 & 4        Tap right heel forward, step right beside left, step forward on left.  
5 6            Rock right forward to right diagonal, recover on to left.  
7 & 8        Cross right behind left, step left to side, cross right in front of left. (3:00)

## Section 4 Step Lock, Heel Ball Step, Diagonal Rock, Recover, Behind Side Cross.

1 2            Step left forward to left diagonal, lock right behind left.  
3 & 4        Tap left heel forward, step left beside right, step forward on left.  
5 6            Rock left forward to left diagonal, recover on to right.  
7 & 8        Cross left behind right, step right to side, cross left in front of right. (3:00)

## Section 5 Point, Hold, Ball ¼ Point, Ball Point, Ball point, ¼ Kick L, L Coaster Step

1 2            Point right to side, hold.  
& 3 & 4        ¼ turn right stepping right beside left, point left to side, step left beside Right, point right to side. (6:00)  
& 5 6        Step right beside left, point left to left side, ¼ turn left on ball of right kicking left foot forward. (3:00)  
7 & 8        Step back on left, step right beside left, step forward on left. (3:00)

## Section 6 Step Pivot ½, Step Pivot ¼, Jazz Box Cross.

1 2            Step forward on right, pivot ½ turn left. (9:00)  
3 4            Step forward on right, pivot ¼ turn left. (6:00)  
5 6 7 8        Cross right in front of left, step back on left, step right to side, cross left in front of right. (6:00)

## Section 7 Side Hold, Ball Side Touch, Rolling Vine Brush.

1 2 & 3 4      Step right to side, hold, step left beside right, step right to side, touch left beside right.  
5 6 7 8        ¼ turn left stepping forward on left, ½ turn left stepping back on right, ¼ turn left stepping left to side, brush right beside left. (6:00)

## Section 8 Cross Rock, Recover, Chassé ¼, Step Pivot ½, Shuffle Forward.

1 2            Cross rock right in front of left, recover on to left.  
3 & 4        Step right to side, close left beside right, ¼ turn right stepping forward on right. (9:00)

5 6 Step forward on left, pivot ½ turn right. (3:00)  
7 & 8 Step forward on left, close right towards left, step forward on left.

**RESTARTS: -**

**Restart wall 2 – restart after 8 counts.**

**Restart wall 4 – restart after 56 counts with a step change – replace the brush with a touch at the end of section 7.**

**Ending: As the music starts to fade on wall number 8 keep dancing ep to count 12 to finish facing 12:00.**

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**Last Update - 4 Sept. 2024 - R1**

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