

Born To Be Alive

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
