

I'm Alive AB

拍數: 32 牆數: 4 級數: Absolute Beginner
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音樂: I'm Alive - Céline Dion



Written For My Raw Beginner Class At Sherbrooke U3a

You can choose to dance through the Tag for abs

Starts On 24 Counts From Heavy Beats Lyrics((When You Call)

SEC 1 [1 – 8] VINE R, TOUCH, ¼ VINE LEFT, TOUCH

1 – 2 Step Right Side, Cross Left Slightly Behind Right
3 – 4 Step Right Side, Touch Right Beside Left
5 – 6 Step Left Side, Cross Right Slightly Behind Left
7 – 8 Turn ¼ Left Step Left Forward ,Touch Right Beside Left (9.00)

***Take last Turn Out for 1 Wall Dance**

SEC 2 [9 - 16] WALK BACK X 3, TOUCH , FORWARD, TOGETHER, FORWARD, TOUCH

1 – 2 Walk Right Back, Walk Left Back
3 – 4 Walk Right Back, Walk Left Back,
5 – 6 Step Left Diagonally Forward, Step Right Together
7 – 8 Step Left Diagonally Forward , Touch Right Together

SEC 3 [17 – 24] K STEP

1 – 2 Step Right Diagonally Forward, Touch Left Beside Right
3 – 4 Step Left Diagonally Back Touch Right Beside Left
5 – 6 Step Right Diagonally Back, Touch Left Beside Right,
7 – 8 Step Left Forward, Touch Right Beside Left

SEC 4 [25 – 32] REVERSE RHUMBA, TOUCHES

1 – 2 Step Right Side, Step Left Beside Right
3 – 4 Step Right Back, Touch Left Beside Right
5 – 6 Step Left Side, Step Right Beside Left,
7 – 8 Step Left Forward, Touch Left Behind Right

Begin Again

TAG Wall 7 Facing 3.00

Hips Sways

1 – 2 Step Right Side Sway Hips Right, Sway Hips Left
3 – 4 Sway Hips Right, Sway Hips Left (wgt Left)

ENDING with Tag turn ¼ Left Vine to front wall

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