

Staying Alive

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Jenna Pogue (UK)
音樂: Stayin' Alive - Bee Gees



Sequence: AB, AB, AB, AB, A(1-36), Tag and Restart, BA

SECTION A

WALK FORWARD X3, POINT, WALK BACK X3, HOOK

1-4 Walk forward right, walk forward left, walk forward right, point left to left side
5-8 Walk back left, walk back right, walk back left, hook right

STEP ¼ TURN RIGHT, SIDE, RIGHT SAILOR STEP WITH CROSS, SWAY X4

1-2-3&4 Step ¼ turn right, step left to left side, step right behind, step left to left side, cross right over left
5-6-7&8 Sway out onto left, sway right, sway left, sway right, sway left

SIDE, TOGETHER, RIGHT CHASSE, POINT X3, TOUCH

1-2-3&4 Step right to right side, step left next to right, step right to right side, close left next to right, step right to right side
5-8 Point left in front, point left to left side, point left behind, touch left in place

SIDE, TOGETHER, LEFT CHASSE, POINT X3, TOUCH

1-2-3&4 Step left to left side, step right next to left, step left to left side, close right next to left, step left to left side
5-8 Point right in front, point right to right side, point right behind, touch right in place

STEP ¼ TURN RIGHT TWICE, STEP ½ TURN RIGHT, TOUCH, HEEL, TOE, SHIMMY

1-4 Step ¼ turn right onto right, step ¼ turn right onto left, step ½ turn right onto right, touch left in place
5-6 Touch left heel to left diagonal, touch left toe in place
7-8 Bend knees slightly and shimmy on the spot for 2 counts

STEP ¼ LEFT TWICE, STEP ½ TURN LEFT, TOUCH, HEEL, TOE, SHIMMY

1-2 Step ¼ turn left onto left, step ¼ turn left onto right
3-4 Step ½ turn left onto left, touch right in place
5-6 Touch right heel to right diagonal, touch right toe in place
7-8 Bend knees slightly and shimmy on the spot for 2 counts

SIDE, TOGETHER, TWICE, POINT, TOUCH, POINT, STEP

1-4 Step right to right side, step left next to right, step right to right side, step left next to right
5-8 Point right to right side, touch right in place, point right to right side, step right in place

SIDE, TOGETHER, TWICE, POINT, TOUCH, POINT, TOUCH

1-4 Step left to left side, step right next to left, step left to left side, step right next to left
5-8 Point left to left side, touch left in place, point left to left side, touch left in place

SECTION B

& CROSS, SIDE, TOGETHER, CHASSE LEFT, HEEL, TOE, HEEL

&1-2 Step down on left, cross right over left, step left to left side
3-4 Step right next to left, step left to left side
&5-6 Close right next to left, step left to left side, touch right heel in place

7-8 Touch right toe in place, touch right heel in place

& CROSS, SIDE, TOGETHER, CHASSE LEFT, HEEL, TOE, HEEL

&1-2 Step down on right, cross left over right, step right to right side

3-4 Step left next to right, step right to right side

&5-6 Close left next to right, step right to right side, touch left heel in place

7-8 Touch left toe in place, touch left heel in place

& CROSSING JAZZ BOX

&1-2 Step down on left, cross right over left, step back onto left

3-4 Step right to right side, step left in place

TAG

KICK BALL CROSS, SIDE, TOUCH

1&2 Kick left, step down on left foot, cross right over left

3-4 Step left to left side, touch right in place
