

Alive

拍數: 48 牆數: 2 級數: Improver
編舞者: Marianne van Dorst (NL)
音樂: I'm Alive - Céline Dion



SHUFFLE FORWARD, ROCK STEP, TURNING SHUFFLE (TWICE)

1&2 Right shuffle forward
3 Step left forward and rock
4 Right step on the place
5&6 Left shuffle backwards with ½ turn left
7&8 Right shuffle forward with ½ turn left

ROCK STEP, SHUFFLE FORWARD, TURN, SYNCOPATED SIDE STEPS, SIDE ROCK

9 Left step behind and rock
10 Right step on the place
11&12 Left shuffle forward
& Step right forward, turn ¼ left
13 Left cross behind right
& Right step to the right side
14 Left cross in front of right
15 Right step to the right and rock
16 Left step on the place

SAILOR STEP, SAILOR STEP WITH ¼ TURN, STEP, ¼ PIVOT TURN, SHUFFLE FORWARD

17 Right cross behind left
& Left step to the left side
18 Right step on the place
19 Left cross behind right
& Right step to the right side
20 Left step on the place, turn ¼ left
21 Step right forward
22 Turn ¼ left
23&24 Right shuffle forward

TURN, SYNCOPATED SIDE STEPS, SIDE ROCK, CROSS LOCK, UNWIND, HEEL-BALL-CROSS

& Step left forward, turn ¼ right
25 Right cross behind left
& Left step to the left side
26 Right cross in front of left
27 Left step to the left side and rock
28 Right step on the place
29 Left cross in front of right (lock)
30 Turn ½ right (unwind)
31 Right touch heel forward
& Right step next to left
32 Left cross in front of right

SIDE ROCK, CROSS SHUFFLE TO LEFT, CHASSE LEFT, SAILOR STEP

33 Right step to the right side and rock
34 Left step on the place
35&36 Right cross shuffle to left

37&38 Left shuffle to the left side
39 Right cross behind left
& Left step to the left side
40 Right step on the place

SAILOR STEP WITH ¼ TURN, STEP, ¼ PIVOT TURN, HEEL-BALL-CROSS, SIDE ROCK

41 Left cross behind right
& Right step to the right side
42 Left step on the place, turn ¼ left
43 Step right forward
44 Turn ¼ left
45 Right touch heel forward
& Right step next to left
46 Left cross in front of right
47 Right step to the right side and rock
48 Left step on the place

REPEAT
