

Alive

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Athena Ryan (AUS)
音樂: Alive - S Club 7



RIGHT FULL TURN V STEP, LEFT FULL TURN V STEP

1-2 Step right foot over left full unwind left taking weight on right foot
3-4 Step forward 45 degrees left on left foot, step forward 45 degrees right on right foot
5-6 Step left over right foot full unwind right taking weight onto left foot
7-8 Step forward 45 degrees right on right foot, step forward 45 degrees left on left foot

½ JAZZ BOX, SIDE SHUFFLE, FULL TURN, SIDE SHUFFLE

1-2 Step right over left, step back on left
3&4 Shuffle to the right, (right, left, right)
5 Doing a ½ turn right step left over right
6 Doing a ½ turn right step right behind left
7&8 Shuffle to the left, (left, right, left)

RIGHT SAILOR, LEFT SAILOR. ROCK FORWARD, 1 ½ TRIPLE

1&2 Step right behind left, step left to left side, step right to right side
3&4 Step left behind right, step right to right side, step left to left side
5-6 Rock forward on right, rock back on left
7&8 Doing a ½ turn right step back on right foot, doing ½ turn right step forward on left foot, doing a ½ turn right step forward on right foot (now facing back wall)

ROCK FORWARD, COASTER, RIGHT SAMBA, LEFT SAMBA

1-2 Rock forward on left foot, rock back on right
3&4 Step back on left foot, step right next to left, step forward on left foot
5&6 Step right in front of left foot, step left to left side, step right to right side
7&8 Step left in front of right foot, step right to right side, step left to left side

REPEAT

RESTART

On the fourth wall (facing the back) do first 16 counts, then start again

HAND MOVEMENTS

Done only with the chorus, walls 3, 6, 9,10,11,12 not easy, but lots of fun!

3 Point up with left arm stretched up to the sky
4 Repeat with right arm
7 Point up with right arm stretched up to the sky
8 Repeat with left arm