

# Alive

COPPER KNOB  
STEPPERS

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