

Alive

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Traci Grande (USA)
音樂: I'm Alive - Céline Dion



SIDE TOUCHES, WALK BACK

1&2 Touch right toe out to side, right foot back in place, touch left toe out to side
&3&4 Left foot back in place, touch right toe out to side, right foot back in place, touch left toe out to side
5-6-7-8 Walk back left, right, left, right

SIDE TOUCHES, FULL TURN FORWARD, STEP

9&10 Touch left toe out to side, left foot back in place, touch right toe out to side
&11&12 Right foot back in place, touch left toe out to side, left foot back in place, touch right toe out to side
13-14-15-16 Step forward right, step back on left as you ½ turn right, step forward right as you ½ turn right, step forward left

LUNGE, STEP, LUNGE, STEP, ¼ TURN, ¼ TURN

17&18 Lunge forward right, step left in place, step right next to left (weight on right)
19&20 Lunge back left, step right in place, step left next to right (weight on left)
21-22 Step forward on right, ¼ turn left
23-24 Step forward on right, ¼ turn left

STEP, KICK-BALL-CHANGE, STEP, STEP, KICK-BALL-CHANGE, STEP

25-26&27 Step forward right, kick-ball-change with left foot (kick with left, step left, step right)
28-29 Step forward left, right
30&31-32 Kick-ball-change with left (kick with left, step left, step right), step forward left

POINT, ½ TURN, SHUFFLE, ROCK, RECOVER, COASTER STEP

33-34 Point right toe out to side, ½ turn right hooking right over left (weight on left)
35&36 Shuffle forward right, left, right
37-38 Rock forward on left, recover weight to right
39&40 Left coaster step (step back left, step back right, step forward left)

POINT, ½ TURN, SHUFFLE, ROCK, RECOVER, COASTER STEP

41-42 Point right toe out to side, ½ turn right hooking right over left (weight on left)
43&44 Shuffle forward right, left, right
45-46 Rock forward on left, recover weight to right
47&48 Left coaster step (step back left, step back right, step forward left)

REPEAT