

# Alive And Free

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Leanne Leis (AUS)  
音樂: Who Wouldn't Wanna Be Me - Keith Urban



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## STEP BACK, FORWARD, ½ PIVOT, SHUFFLE, FORWARD COASTER, TOE BACK, PIVOT

&1-2-3&4      Step left back, step right forward, pivot ½ left shuffle forward right-left-right  
5&6-7-8      Step left forward, step right beside left, step left back, touch right toe back, pivot ½ right  
(weight on left)

## COASTER, ½ TURN SHUFFLE TWICE, ROCK FORWARD, ROCK BACK

1&2-3&4      Step right back, step left beside right, step right forward, ½ turn right shuffle back left-right-left  
5&6-7-8      ½ turn right shuffle forward right-left-right, rock forward on left, rock back on right

## SAILORS TWICE, STEP FORWARD, ¼ TURN, STEP REPLACE

1&2-3&4      Step left back behind right, step right to right, step left to center, step right back behind left,  
step left to left, step right to center (sailors are moving back)  
5-6&7-8      Step forward on left, ¼ turn right (take weight on right), step left to center, step rock onto  
right, rock onto left

## STEP BACK, STEP FORWARD, ½ TURN, STEP HIPS TWICE, STEP FORWARD ½ TURN

&1-2-3&4      Step right back, step left forward, ½ turn right, step forward left pushing hips forward, back,  
forward  
5&6-7-8      Step forward right pushing hips forward, back, forward step forward left, ½ turn right (weight  
on right)

## SAMBAS TWICE, STEP, TOUCH, HEEL BALL TOUCH

1&2-3&4      Step left across right, step right to right, step (replace) on left, step right across left, step left  
to left, step (replace) on right (sambas are moving forward)  
5-6&7&8      Step forward left, touch right toe beside left, step right back, place left heel at 45 degrees,  
step left back to center, touch right toe beside left

## SIDE SHUFFLES TWICE, ROCK BACK, ROCK FORWARD, STEP FORWARD, ROCK BACK

1&2-3&4      Side shuffle right stepping right-left-right, side shuffle left stepping left-right-left  
5-6&7-8      Rock back onto right, rock forward onto left, step right beside left, step left forward, rock back  
onto right

## REPEAT

## RESTART

On the second wall restart dance after count 16 (you will be facing 3:00)

## TO END THE DANCE

On count 24 (facing 3:00) turn ¼ left (to face front) stepping left beside right - (instead of rocking left to left)

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