

# Alive And Free

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Ronnie James (UK)  
音樂: Who Wouldn't Wanna Be Me - Keith Urban



## SIDE, TOGETHER, RIGHT CHASSE, ROCK BACK, RECOVER, LEFT CHASSE

1-2            Step right to side, step left next to right  
3&4            Chasse right on right, left, right  
5-6            Rock back on left, recover on right  
7&8            Chasse left on left, right, left

## CROSS, SIDE, BEHIND, ROCK, RECOVER, CROSS, RIGHT CHASSE

9-12           Cross right over left, step left to side, cross right behind left, rock left on left  
13-14          Recover on right, cross left over right  
15&16          Chasse right on right, left, right

## ROCK BACK, RECOVER, STEP FORWARD, ½ TURN, LEFT CHASSE, ROCK BACK, RECOVER

17-20          Rock back on left, recover on right, step forward on left, ½ turn right on to right  
21&22          Chasse left on left, right, left  
23-24          Rock back on right, recover on left

## MONTEREY ½ TURN, RIGHT CHASSE, ROCK BACK, RECOVER

25-26          Touch right to side, on ball of left make ½ turn right  
27-28          Touch left to left side, step left next to right  
29&30          Chasse right on right, left, right  
31-32          Rock back on left, recover on right

## SHUFFLE FORWARD, STEP FORWARD, ½ TURN, SHUFFLE FORWARD, STEP FORWARD, ½ TURN

33&34          Shuffle forward on left, right, left  
35-36          Step forward on right, ½ turn left on to left  
37&38          Shuffle forward on right, left, right  
39-40          Step forward on left, ½ turn right on to right

## SKATE FORWARD TWICE, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ¾ TURN

41-42          Skate forward on left and right  
43&44          Shuffle forward on left, right, left  
45-46          Rock forward on right, recover on left  
47&48          ¾ turn right on right, left, right

## ROCK FORWARD, RECOVER, COASTER STEP, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

49-50          Rock forward on left, recover on right  
51&52          Step back on left, step right next to left, step forward on left  
53-54          Rock forward on right, recover on left  
55&56          Shuffle ½ turn right on right, left, right

## TURN, TURN, SHUFFLE FORWARD, ROCKING CHAIR

57-58          ½ turn right stepping back on left, ½ turn right stepping forward on right  
59&60          Shuffle forward on left, right, left  
61-64          Rock forward on right, recover on left, rock back on right, recover on left

## REPEAT

