

# 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

