

I'm Alive

拍數: 36 牆數: 4 級數: Beginner
編舞者: Valerie Barrett (TUR), Steve Bisson (UK) & Denise Bisson (UK) - November 2008
音樂: I'm Alive (Wake Up Mix) - Céline Dion



Knee bends (feet together) with toe fans (x 2), toe touches (x2)

- 1-2 Bend knees - fan both feet to right (weight on heels), return to centre - bend knees
- 3-4 Bend knees - fan both feet to left (weight on heels), return to centre - bend knees
- 5-6 Touch right toe to right side, close right to left
- 7-8 Touch left toe to left side, close left to right

Heel point, toe points, ¼ turn left, hitch right knee, forward shuffle (x 2)

- 1-2 Point right heel to front, point right toe back
- 3-4 Point right toe to right side, turn ¼ to left and hitch right knee
- 5&6 Right shuffle forward (right, left, right)
- 7&8 Left shuffle forward (left, right, left)

Back shuffle (x 2), grapevine right

- 1&2 Right shuffle back (right, left, right)
- 3&4 Left shuffle back (left, right, left)
- 5-8 Right to right side, left behind right, right to right side, touch left to right and clap hands

Grapevine left, rolling vine right

- 1-4 Left to left side, right behind left, left to left side, touch right to left and clap hands
- 5-8 ¼ turn right stepping forward on right, ¼ turn right stepping left to left side, ½ turn right on ball of left foot, step right to right side, touch left to right and clap hands

Rolling vine left

- 1-2 ¼ turn left stepping forward on left, ¼ turn left stepping right to side,
- 3-4 ½ turn left on ball of right foot, step left to left side, touch right to left and clap hands

Begin again and smile!
