

Alive

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Justine Brown (UK) - June 2010
音樂: Alive - Joe Mitchell : (iTunes UK)



Start on vocal, 16 count intro

WALK, WALK, SCUFF, HITCH, BACK, BUMP & BUMP, KICK, OUT, OUT

1 - 2 Right step forward, Left step forward,
3 & 4 Scuff right foot forward, hitch right knee, step right down slightly back
5 & 6 bump hips forward (left hip), bump hips back (right hip), bump hips forward (left hip),
7 & 8 Kick left forward, step left to side, step right to right side (feet slightly apart)

SWIVEL, ¼ TURN RIGHT, KICK, BALL, CROSS, ¼ TURN LEFT, SIDE, CROSS SHUFFLE

1 & 2 Swivel heels left. Swivel heels right, Swivel heels left turning ¼ right, (weight on left)
3 & 4 Kick right forward, Step on ball of right, Cross left over right
5 - 6 Step back on right foot turning ¼ left, Step left beside right
7 & 8 Cross shuffle -- right over left, left beside right, right over left

SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE, CROSS, ¼ TURN RIGHT, STEP ½ TURN STEP

1 - 2 Rock left to side, Recover onto right,
3 & 4 Cross left behind right, step right to right side, Cross left over right,
& 5-6 Step right to right side, Cross left over right, Turn ¼ right stepping right forward
7 & 8 Step left forward, Pivot ½ turn right, Step left forward

FULL TURN, STEP, LOCK, STEP, MAMBO ROCK, SHUFFLE ½ TURN, STEP

1 - 2 Turn ½ left stepping right back, Turn ½ left stepping left forward, (alt - walk, walk)
3 & 4 Step right forward, Lock left behind, Step right forward
5 & 6 Rock forward on left, Recover on right, Step left beside right
7 & 8 Step right to side turning ¼ right, bring left together, Step right fwd turning ¼ right
& Quick step forward on left

REPEAT

Note... The dance ends on the full turn facing the 3 o'clock wall, replace the lock with a step pivot ¼ left and u can end facing the front happy & smiling x

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NB: The dance fits to many other tracks, as an alternative you could try it to::
Dolly Parton's 9 to 5

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Have Fun,
