

Alive

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jamie Marshall (USA) & Ben Heggy (USA) - April 2014
音樂: Alive - Avalon : (Album: Reborn)



Start: On lyrics, after 16 counts, approx. 12 sec.

S1 (1-8) Forward, Step; ½ Pivot; ½ Turn; ¼ Turn; Side; Behind; Side; Point; Sway;

- 1 (1) Step R forward (1);
2&3 (2) Step L forward; (&) Turn ½ R, weight to R; (3) Turn ½ R and step L back; (12:00)
4 (4) Turn ¼ right and sway R as you step R to the side; (3:00)
5 (5) Sway L as you step L to the side;
6&7 (6) Step R behind L; (&) Turn ¼ turn L and step L to the side; (7) Point R to R;
8 (8) Sway to the R stepping down on R and pointing L to L; (12:00)

Styling: □4-5 Flow arms as you sway

- 7-8 Angle upper body toward diagonals and look toward pointed foot. Roll on balls of feet as you transition from pointing to weight bearing and vice versa.

S2 (9-16) Behind; Quarter; Close; Behind; Unwind; Side rock; Cross rock; Ball; Cross; Side;

- 1&2 (1) Cross L behind R; (&) Turn ¼ R, stepping R forward; (2) Step L next to R (2) (3:00)
3,4 (3) Hook R behind L; (4) Unwind ¾ R, weight ending on R (12:00)
5&6& (5) Side rock L to L; (&) Recover onto R; Cross rock L over R; (6) Recover on to R (&)
7&8 (7) Step ball of L next to R; (&) Cross R over L; (8) Step L to L;

S3 (17-24) Side; Cross (Diagonal); Coaster; Half; Half; Fwd; Cross; Out (Squaring up); Out; Ball; Forward;

- &1 (&) Step R to R; (1) Turn ⅛ L, as you cross L over R; (10:30)
2&3 (2) Step R back; (&) Close L; (3) Step R forward;
4-5 (4) Turn ½ R and step L back; (5) Turn ½ R and step R forward; (10:30)
6&7 (6) Cross L over R; (&) Turn ⅛ L and step R out and back (squaring up to 9:00) ; (7) Step L to L;
&8 (&) Step R home on the ball of the foot; (8) Step L forward;

S4 (25-32) Ball; Back; Sweep; Back; Sweep; ½ Sailor left; ½ Volta left;

- &1-2 (&) Small step R forward on ball of foot; (1) Step L back; (2) Sweep R back;
3,4 (3) Step R back; (4) Sweep L;
5&6 (5) Cross L behind R; (&) Turn ¼ L, stepping R back; (6) Turn ¼ L, crossing L over R (3:00);
&7&8 (&) Turn ¼ L, stepping R to R; (12:00) (7) Cross L over R; (&) Turn ¼ L, stepping R to R; (8) Cross L over R (9:00)

Styling: Try not to make this regimented, make it a flowing circle as if dancing around a handbag on your left.

Repeat

Restart - Wall 3: Dance through count 16 and Restart, you will be facing 6:00 when the Restart occurs.

Ending: You will dance through count 8, which will take you to the back wall then dance:

- 1-2 Touch the left behind right; ½ unwind, thrusting both arms up into the air and then take a bow

Contact Info: □Ben Heggy: benster@djbenster.com - PO Box 545; Champion, PA 15622

THE Jamie Marshall: thejamiemarshall@att.net - 1000 Northview Dr, Hendersonville, TN 37075