

Keep Me Alive

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Kirsten Matthiessen (DK) - June 2014
音樂: Windy - Scarlet Pleasure



Intro: □32 counts (16 counts from heavy beat)

Note: □Restart on 3rd wall: □

Restart after 16 counts, changing the Mambo Step (7&8) to a Rocking Chair (7&8&)

[1-8] □Walk walk, step turn ¼ L, weave, side, step lock step □

1-2 Step R fw, step L fw □12:00
3& Step R fw, turn ¼ L stepping onto L □09:00
4&5 Cross R over L, step L to L side, cross R behind L □09:00
6-7&8 Step L to L side, step R fw, lock L behind R, step R fw □09:00

[9-16] □Step turn, full turn R sweep, step, step lock step, mambo fw □

1-2 Step L fw, turn ½ R stepping onto R □03:00
3-4 Turn ½ R stepping L back sweeping R another ½ R, step R fw □03:00
5&6 Step L fw, lock R behind L, step L fw □03:00
7&8 Rock R fw, recover onto L, step R slightly back □03:00

[17-24] □Back x2, behind side cross, scissor step, ¼ R shuffle back □

1-2 Step L back grinding R heel, step R back grinding L heel □03:00
3&4 Cross L behind R, step R to R side, cross L over R □03:00
&5-6 Step R to R side, step L next to R, cross R over L □03:00
7&8 Turn ¼ R stepping L back, step R next to L, step L back □06:00

[25-32] □Rock back, kick ball step, mambo ½ R, ½ R, ¼ R, cross □

1-2 Rock R back, recover onto L □06:00
3&4 Kick R fw, step R next to L, step L fw □06:00
5-6-7 Rock R fw, recover onto L, turn ½ R stepping R fw □12:00
8&1 Turn ½ R stepping L back, turn ¼ R stepping R to R side, cross L over R □09:00

[33-40] □Side rock cross x2, ¼ L, chasse □

2&3 Rock R to R side, recover onto L, cross R over L □09:00
4&5 Rock L to L side, recover onto R, cross L over R □09:00
6-7&8 Turn ¼ L stepping R back, step L to L side, step R next to L, step L to L side □06:00

[41-48] □Sailor step x2, behind, ¼ L, step turn step □

1&2 Cross R behind L, step L slightly to L side, step R to R side (slightly fw) □06:00
3&4 Cross L behind R, step R slightly to R side, step L to L side (slightly fw) □06:00
5-6 Cross R behind L, turn ¼ L stepping L fw □03:00
7&8 Step R fw, turn ½ L stepping onto L, step R fw □09:00

[49-56] □Step, kick ball touch, hip bump, ball rock sweep, sailor ¾ R □

1-2&3 Step L fw, kick R fw, step R next to L, touch L fw □09:00
&4 Bump hips up, bump hips back □09:00
&5-6 Step L next to R, rock R fw, recover onto L sweeping R back □09:00
7&8 Turn ¼ R stepping onto R, turn ¼ R stepping L to L side, turn ¼ R crossing R in front of L □06:00

[57-64] □Snake roll, behind side cross, side rock ¼ L, rocking chair □

1-2 Point L to L side starting a side body roll, finish body roll ending with weight on L □ 06:00
3&4 Cross R behind L, step L to L side, cross R over L □ 06:00
5&6 Rock L to L side, turn ¼ L recovering onto R, step L next to R □ 03:00
7&8& Rock R fw, recover onto L, rock R back, recover onto L □ 03:00

Hope you enjoy

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