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| I'm Alive And Well |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Hana Ries (USA) - May 2014 |
| **Music:** | I'm Alive (with Dave Matthews) - Kenny Chesney |
| . |

**Alt. music:-**

**Since You Brought It Up by James Otto [No Tag]**

**Night of My Life by Group 1 Crew [No Tag]**

**Start dancing on vocals.**

**SHUFFLE FWD, ROCK, RECOVER, ½ TURNING SHUFFLE, ¼ PIVOT**

|  |  |
| --- | --- |
| 1&2 | Step right fwd, step left next to right, step right fwd |

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| --- | --- |
| 3,4 | Rock left fwd, recover to right |

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| --- | --- |
| 5&6 | Turn ¼ left stepping left to side, step right next to left, turn ¼ left stepping left fwd |

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| --- | --- |
| 7,8 | Step right fwd, turn ¼ left stepping left to left (3:00) |

**CROSS, SIDE STEP, BEHIND-SIDE-CROSS, ¼ TURN POINT, COASTER STEP**

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| --- | --- |
| 1,2 | Step right across left, step left to left |

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| --- | --- |
| 3&4 | Step right behind left, step left to left, step right across left |

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| --- | --- |
| 5,6 | Step left to left, ¼ turn right pointing right toe forward |

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| --- | --- |
| 7&8 | Step right back, step left next to right, step right fwd (6:00) |

 **1¼ TURN RIGHT, TOE TOUCH, SWAY, POINT, SWAY, KICK**

|  |  |
| --- | --- |
| 1,2 | ½ turn right stepping left behind right, ½ turn right stepping right in front of left |

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| --- | --- |
| 3,4 | ¼ turn right stepping left to left, touch right toe next to left (9:00) |

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| --- | --- |
| 5,6 | Step right to right swaying hips to right, point left toe in place |

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| --- | --- |
| 7,8 | Sway hips left, kick right low in place |

**SAILOR STEP, ROCK BACK, RECOVER, ROCK SIDE, RECOVER, CROSS, UNWIND**

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| --- | --- |
| 1&2 | Step right behind left, step left to left, step right in place slightly apart from left |

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| --- | --- |
| 3,4 | Rock left diagonally back behind right, recover to right |

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| --- | --- |
| 5,6 | Rock left to left, recover to right |

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| --- | --- |
| 7,8 | Cross left over right, unwind ½ right (weight on left) |

**REPEAT**

**TAG: Add 10 count Tag after finishing wall #4 (facing 12:00), then Restart from beginning.**

**SHUFFLE FWD, ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER,**

|  |  |
| --- | --- |
| 1&2 | Step right fwd, step left next to right, step right fwd |

|  |  |
| --- | --- |
| 3,4 | Rock left fwd, recover to right |

|  |  |
| --- | --- |
| 5&6 | Step left back, step right next to left, step left back |

|  |  |
| --- | --- |
| 7,8 | Rock right back, recover to left |

**HIP SWAYS**

|  |  |
| --- | --- |
| 9,10 | Step right next to left swaying hips right, sway hips left |

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