

I'm Alive And Well

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
- 3,4 Rock left fwd, recover to right
- 5&6 Turn ¼ left stepping left to side, step right next to left, turn ¼ left stepping left fwd
- 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

- 1,2 Step right across left, step left to left
- 3&4 Step right behind left, step left to left, step right across left
- 5,6 Step left to left, ¼ turn right pointing right toe forward
- 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
- 3,4 ¼ turn right stepping left to left, touch right toe next to left (9:00)
- 5,6 Step right to right swaying hips to right, point left toe in place
- 7,8 Sway hips left, kick right low in place

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

- 1&2 Step right behind left, step left to left, step right in place slightly apart from left
- 3,4 Rock left diagonally back behind right, recover to right
- 5,6 Rock left to left, recover to right
- 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

Contact: hana.ries@yahoo.com