

Alive And Well

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Dancedance - July 2015

Music: I'm Alive - Céline Dion



Dance starts 24 counts after the drum starts

[1-8] □ Step hold, Back rock, Step hold, Back rock

1 2 3 4 Step L to left, hold, R step slightly behind L, recover L

5 6 7 8 Step R to right hold, L step slightly behind R, recover R (12:00)

[9-16] □ Step, Pendulum kicks, Shuffle forward R, L □

1 2 3 4 L step forward, kick R forward, kick back and kick ¼ left forward (9:00)

5 & 6 Step R forward, step L behind R, step R forward

7 & 8 Step L forward, step R behind L, step L forward

[17-24] □ Rock recover, Shuffle back R L, Back rock recover

1 2 3&4 Step R forward, recover L, Step R back, step L cross R, step R back

5&6 7 8 Step L back, step R cross L, step L back, Step R back, recover L

[25-32] □ Vine R touch, Vine L step

1 2 3 4 Step R to right, L behind, Step R to right, L touch beside

5 6 7 8 Step L to left, R behind, Step L to left, Step R beside L (9:00)

Start again.

Note: At the end of the 7th wall (facing 3:00) hold 4 counts, and slowly raise both hands up.

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