

# Staying Alive

**Count:** 72

**Wall:** 1

**Level:** Phrased Fun Dance

**Choreographer:** Ivonne Verhagen (NL) - March 2017

**Music:** Stayin' Alive (Glee Cast Version) - Glee Cast : (iTunes)



**Dance starts after 24 counts**

## **PART A: 32 counts**

### **A1: 3 X WALK FORWARD, KICK, 3X WALK BACK, TOUCH**

1,2,3,4 RF step forward, LF step forward, RF step forward, LF kick forward

5,6,7,8 LF step back, RF step back, LF step back, RF touch

### **A2: SIDE, CLOSE, SIDE, TOUCH, SIDE, CLOSE, SIDE, TOUCH,**

1,2,3,4 RF step side, LF close to RF, RF step side, LF touch

5,6,7,8 LF step side, RF close to LF, LF step side, RF touch

### **A3: RIGHT HIP HIGH, AND LOW, AND HIGH, AND STEP ON RF, (SAME WITH LEFT FOOT)**

1&2 RF touch diagonal forward & push hip up, hip center, push hip down,

&3&4 Push hip up, hip centre, RF step on RF

5&6 LF touch diagonal forward & push hip up, hip center, push hip down,

&7&8 Push hip up, hip centre, LF step on LF

### **A4: TOE STRUT RIGHT (HANDMOVE) TOE STRUT LEFT (HANDMOVE) 4X STEP IN PLACE AND USE HANDS**

1,2 RF touch side, clap heel down (make a rolling wheel with your hands right on level of your head)

3,4 LF touch side, clap heel down (make a rolling wheel with your hands left on level of your head)

5,6,7,8 4 X step in place (RF-LF-RF-LF), Push your elbows to the back 4x

### **TAG**

1-8 step in place RF-LF-RF-LF- RF-LF-RF-LF

## **CHORUS (PART B) 40 COUNTS**

### **B1: MAMBO STEP FORWARD, MAMBO STEP BACK, POINTING ARMS UP AND DOWN**

1&,2,3&4 RF rock forward, back on LF, RF step back, LF rock back, back on RF, LF step forward

5,6,7,8 Point right finger right up, Point right finger left down, (2)

### **B2: 4 X PADDLE ¼ TURN LEFT, POINTING ARMS UP AND DOWN**

1,2,3,4 ¼ turn left & RF touch side, (4x)

5,6,7,8 Point right finger right up, Point right finger left down, (2)

### **B3: OUT, OUT, IN, IN, POINTING ARMS UP AND DOWN**

1,2,3,4 RF step out, LF step out, RF step in, LF step in

5,6,7,8 Point right finger right up, Point right finger left down, (2)

### **B4: RIGHT ARM UP, BIT DOWN, BIT DOWN, DOWN (SNAPPING FINGERS), WAVE RIGHT ARM FROM DOWN TO UP**

1,2,3,4 RF snap finger high right, a bit lower, a bit lower, and down

5,6,7,8 Start move Right arm from down to up right side (KEEP IT UP)

### **B5: WAVE LEFT ARM FROM DOWN TO UP (LEFT HAND), BOTH ARMS DOWN**

1,2,3,4 Start move Left arm from down to up right side

5,6,7,8 Both arms moving down

**DANCE SEQUENCE: A-B-TAG-A-B-TAG-A-TAG-A-B-B**

**Have fun!**

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