

# Alive

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Athena Ryan (AUS)

Music: Alive - S Club 7



## RIGHT FULL TURN V STEP, LEFT FULL TURN V STEP

- 1-2 Step right foot over left full unwind left taking weight on right foot
- 3-4 Step forward 45 degrees left on left foot, step forward 45 degrees right on right foot
- 5-6 Step left over right foot full unwind right taking weight onto left foot
- 7-8 Step forward 45 degrees right on right foot, step forward 45 degrees left on left foot

## ½ JAZZ BOX, SIDE SHUFFLE, FULL TURN, SIDE SHUFFLE

- 1-2 Step right over left, step back on left
- 3&4 Shuffle to the right, (right, left, right)
- 5 Doing a ½ turn right step left over right
- 6 Doing a ½ turn right step right behind left
- 7&8 Shuffle to the left, (left, right, left)

## RIGHT SAILOR, LEFT SAILOR. ROCK FORWARD, 1 ½ TRIPLE

- 1&2 Step right behind left, step left to left side, step right to right side
- 3&4 Step left behind right, step right to right side, step left to left side
- 5-6 Rock forward on right, rock back on left
- 7&8 Doing a ½ turn right step back on right foot, doing ½ turn right step forward on left foot, doing a ½ turn right step forward on right foot (now facing back wall)

## ROCK FORWARD, COASTER, RIGHT SAMBA, LEFT SAMBA

- 1-2 Rock forward on left foot, rock back on right
- 3&4 Step back on left foot, step right next to left, step forward on left foot
- 5&6 Step right in front of left foot, step left to left side, step right to right side
- 7&8 Step left in front of right foot, step right to right side, step left to left side

## REPEAT

## RESTART

On the fourth wall (facing the back) do first 16 counts, then start again

## HAND MOVEMENTS

Done only with the chorus, walls 3, 6, 9,10,11,12 not easy, but lots of fun!

- 3 Point up with left arm stretched up to the sky
- 4 Repeat with right arm
- 7 Point up with right arm stretched up to the sky
- 8 Repeat with left arm