

# Alive and Well

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Wayne Jensen (USA) - September 2014  
音乐: I'm Alive (with Dave Matthews) - Kenny Chesney



## Step/Sweep, Step, Step, Step/Sweep, Step, Step, Cross, Scissor, 1/4 Turn, 1/4 Turn

- 1      Step R forward (sweeping L across R) (1) (12:00)
- 2&3      Step L across R (2), Step R to right (&), Step L back (sweeping R behind L) (3)
- 4&5      Step R behind L (4), Step L to left (&), Step R across L (5)
- 6&7      Step L to left (6), Step R next to L (&), Step L across R (7)
- 8&      Step R back 1/4 - turning left (8) (9:00), Step L 1/4 turn left (&) (6:00)

## Rock, Recover, Step, Rock, Recover, 1/4 Left, Rock, Recover, Step, Rock, Recover, 1/4 Left

- 1      Step R across L (1) (6:00)
- 2&3      Recover on L (2), Step R to right (&), Step L across R (3)
- 4&5      Recover on R (4), Step L 1/4 left(&), Step R across L (5) (3:00)
- 6&7      Recover on L (6), Step R to right (&), Step L across R (7)
- 8&      Recover on R (8), Step L 1/4 left (&) (12:00)

## Step/Sweep, Step, 1/4 Turn, Step, Coaster, Lock Step, Step, Pivot

- 1      Step R forward (sweeping L across R) (1) (12:00)
- 2&3      Step L across R (2), Step R back 1/4 - turning left (&), Step L next to R (3) (9:00)
- 4&5      Step R back (4), Step L next to R (&), Step R forward (5)
- 6&7      Step L forward (6), Step R behind L (&), Step L forward (7)
- 8&      Step R forward (8), Pivot 1/2 left (taking weight on L) (&) (3:00)

## Step/Sweep, Step, 1/4 Turn, Step, Cross, 1/4 Step, 1/2 Step, Step, Pivot, Step, Walk, Walk

- 1      Step R forward (sweeping L across R) (1) (3:00)
- 2&3      Step L across R (2), Step R 1/4 back - turning left (&), Step L to left (3) (12:00)
- 4&5      Step R across L (4), Step L 1/4 back - turning right (&), Step R 1/2 forward - turning right (5) (9:00)
- 6&7      Step L forward (6), Pivot 1/2 right (taking weight on R) (&), Step L forward (7)
- 8&      Step R forward (8), Step L forward (&) (3:00)

Wall 4 (short wall) - only dance the 1st set of 8&, then start wall 5

Wall 5 (instrumental wall) - at the end of wall 5 there is a 1, 2& count Tag:

Step R forward (1), Step L forward and touch R next to L (2&),  
(you will be facing 6:00 when the Tag occurs) then start Wall 6.

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