

Stayin' Alive EZ

COPPER KNOB
STEPSHEETS

拍数: 76 墙数: 1 级数: Phrased Beginner
编舞者: Yulia P M (INA) - January 2024
音乐: Stayin' Alive - Bee Gees



SEQUENCES : A B TAG A B TAG A TAG A B TAG B1 B2 B1 B2

A (32 Count)

I. WALK FORWARD R-L-R-L WITH STYLING UP & DOWN, BODY ANGLE FACING 1.30

1 – 8 Walk RF fwd bend knees angle body facing 1.30 (1), Walk LF fwd straight knees (2) REPEAT FOUR TIMES

II. DIAGONAL BACKWARD R-L, SINCOPATHED STEP SIDE R-L WITH TOUCH

1 – 4 Step RF diagonal bwd (1), Touch LF next to RF (2), Step LF diagonal bwd (3), Touch RF next to LF (4)
5 & 6 & Step RF to side (5), Touch LF next to RF (&), Step LF to side (6), Touch RF next to LF (&)
7 & 8 & Step RF to side (7), Touch LF next to RF (&), Step LF to side (8), Touch RF next to LF (&)

III. STEP SIDE, TOUCH WITH ROLLING HAND AND POINTED FINGER UP

1 – 4 Step RF to side (1), Touch LF next to RF with bend knees and rolling hand to right side (2), Step LF to side (3), Touch RF next to LF your finger pointed up to left side (4)
5 – 8 REPEAT 1 - 4

IV. V – STEP X2

1 – 4 Step RF diagonal fwd (1), Step LF diagonal fwd (2), Step RF bwd to centre (3), Step LF next to RF (4)
5 – 8 REPEAT 1 – 4

B (44 Count)

I. SIDE CHASSE R – L

1 – 4 Step RF to side (1), Step LF next to RF (2), Step RF to side (3), Touch LF next to RF (4)
5 – 8 REPEAT 1 – 4

II. HIP BUMP FORWARD R – L, HIP BUMP BACKWARD R – L

1 & 2 3 & 4 Step RF fwd with twice hip bump (1 & 2), Step LF fwd with twice hip bump (3 & 4)
5 & 6 7 & 8 Recover weight on RF with twice hip bump (5 & 6), Step LF bwd with twice hip bump (7 & 8)

III. STEP OUT INPLACE R-L-R-L, SHOULDER UP TO THE RIGHT TWICE, SHOULDER UP TO THE LEFT TWICE

1 – 4 Step RF to side Right hand open to side (1), Recover on LF and Left hand open to side (2), Recover on RF and bring right hand to your inguinal belly (3), Recover on LF and bring your left hand to your inguinal belly (4)
5 – 8 Swing Right shoulder twice (5 & 6), Swing Left shoulder twice (7 & 8)

IV. REPEAT SECTION III

V. SHOULDER UP TO THE RIGHT TWICE, SHOULDER UP TO THE LEFT TWICE, POINTED R FINGER FROM LEFT TO RIGHT SIDE

1 – 4 REPEAT Count 5 – 8 on SECTION III
5 – 8 R finger pointed from Left to the right side (4 Count)

VI. POINTED L FINGER FROM RIGHT TO LEFT

1 – 4 L finger pointed from right to the left side (4 count)

B1 (20 count)

I. = Section 1 of part B

II. = Section 2 of part B

III. STEP R – L WITH TOUCH (1-4)

B2 (24 count)

I. = Section 1 of part B

II. = Section 2 of part B

III. STEP R – L WITH TOUCH X2

TAG (8 Count)

1 – 8 WALKING AROUND TO THE LEFT (R-L-R-L-R-L-R-L)

Have fun and enjoy this easy dance with any style you want!!!

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