

Staying Alive

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Improver
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音乐: Stayin' Alive - Bee Gees



Sequence: A, A, B (No Tag), A, B (With Tag) 4X

INTRODUCTION

1-16 Make two fists and roll fists one above the other in a circular motion first to right side as you bump your hips to the right and then roll fists to left side as you bump hips to left; keep alternating from side to side until vocals begin

PART A

WALK FORWARD, FORWARD HEEL TOUCH, BACK TOE TOUCH, FORWARD HEEL TOUCH, BACK TOE TOUCH

1-4 Walk forward right, left, right, left
5-8 Touch right heel forward, touch right toe back, touch right heel forward, touch right toe back

WALK BACK, BACK TOE TOUCH, KNEE HITCH, BACK TOE TOUCH, KNEE HITCH

1-4 Walk back right, left, right, left
5-8 Touch right toe back, hitch right knee forward, touch right toe back, hitch right knee forward

VINE RIGHT, CLAP; VINE LEFT, CLAP

1-4 Vine right by stepping right to right side, step left behind right, step right to right side, point left to left side as you clap
5-8 Vine left by stepping left to left side, step right behind left, step left to left side, point right to right side as you clap

VINE RIGHT, DOUBLE CLAP; VINE LEFT, DOUBLE CLAP

1-2-3 Vine right by stepping right to right side, step left behind right, step right to right side
&4 Point left to left side as you clap two times
5-6-7 Vine left by stepping left to left side, step right behind left, step left to left side
&8 Point right to right side as you clap two times

WALK FORWARD, STEP RIGHT OUT AND POINT DIAGONALLY UPWARDS AND DOWNWARDS (JOHN TRAVOLTA STYLE)

1-4 Walk forward right, left, right, left
5-6 Step right to right side as you point right arm and index finger up diagonally at about 1:00, leaning onto right bring right arm and index finger down and point at about 7:00 leaning onto left (left hand is on left hip; you can also look up as you point upwards and look down as you point downwards)
7-8 Repeat pointing right arm and index finger up diagonally at about 1:00, leaning onto right bring right arm and index finger down and point at about 7:00 leaning onto left (weight ending on left)

WALK BACK, STEP RIGHT OUT AND POINT DIAGONALLY UPWARDS AND DOWNWARDS (JOHN TRAVOLTA STYLE)

1-4 Walk back right; left, right, left
5-6 Step right to right side as you point right arm and index finger up diagonally at about 1:00, leaning onto right bring right arm and index finger down and point at about 7:00 leaning onto left (left hand is on left hip; you can also look up as you point upwards and look down as you point downwards)

- 7-8 Repeat pointing right arm and index finger up diagonally at about 1:00, leaning onto right bring right arm and index finger down and point at about 7:00 leaning onto left (weight ending on left)

RAISE ARMS UPWARDS RIGHT, RAISE ARMS UPWARDS LEFT, LOWER ARMS RIGHT, LOWER ARMS LEFT; DIAGONAL POINTS BOTH ARMS

- 1-4 Raise both arms up above your head, palms facing upwards to right side, raise both arms above head to left, lower arms to right side hip level, palms facing downwards; switch arms to left side hip level, palms facing downwards
- 5-6 Point right arm and index finger up diagonally at about 1:00 and point left arm and index finger at about 7:00, bring both arms inwards to center at about waist level
- 7-8 Repeat steps 5-6 above

RAISE ARMS UPWARDS RIGHT, RAISE ARMS UPWARDS LEFT, LOWER ARMS RIGHT, LOWER ARMS LEFT; DIAGONAL POINTS BOTH ARMS

- 1-4 Raise both arms up above your head, palms facing upwards to right side, raise both arms above head to left, lower arms to right side hip level, palms facing downwards; switch arms to left side hip level, palms facing downwards
- 5-6 Point right arm and index finger up diagonally at about 1:00 and point left arm and index finger at about 7:00, bring both arms inwards to center at about waist level
- 7-8 Repeat steps 5-6 above

DIAGONAL POINTS WITH BOTH ARMS

- 1-2 Point left arm and index finger up diagonally at about 11:00 and point right arm and index finger at about 5:00, bring both arms inwards to center at about waist level
- 3-4 Repeat steps 1-2 above

FULL TURN ROLLING VINE RIGHT WITH CLAP, FULL TURN ROLLING VINE LEFT WITH CLAP

- 1-4 Make a full turn to the right by stepping right into $\frac{1}{4}$ turn right, step left to left side making $\frac{1}{4}$ turn right, step right into $\frac{1}{2}$ turn right, point left to left side and clap
- 5-8 Make a full turn to the left by stepping left into $\frac{1}{4}$ turn left, step right to right side making $\frac{1}{4}$ turn left, step left into $\frac{1}{2}$ turn left, point right to right side and clap

ROLLING FISTS RIGHT AND LEFT, $\frac{1}{2}$ TURN LEFT, $\frac{1}{2}$ TURN LEFT

- 1-2 Making fists with both hands, roll fists one above the other in a circular motion at right side as you bump hips to right (weight ending on right)
- 3-4 Roll fists one above the other in a circular motion at left side as you bump hips to left (weight ending on left)
- 5-8 Step right forward, pivot a $\frac{1}{2}$ turn left, step forward on right, pivot a $\frac{1}{2}$ turn left (weight ending on left)

PART B

TOE STRUTS TRAVELING FORWARD WITH FINGER SNAPS

- 1-2 As you angle body slightly to left, touch right toe forward and bring arms to about chest level, bring right heel down as you snap fingers on both hands
- 3-4 Cross left toe over right as you bring arms back and look back, snap fingers on both hands as you bring left heel down
- 5-8 Repeat steps 1-4 above

$\frac{1}{2}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT, SIDE ROCK, RECOVER, CROSS; SIDE ROCK, RECOVER, CROSS

- 1-4 Step right forward, pivot a $\frac{1}{2}$ turn left, step forward on right, pivot a $\frac{1}{4}$ turn left (you will be facing the 3:00 side wall)
- 5&6 Rock right to right side, recover on left, cross right over left
- 7&8 Rock left to left side, recover on right, cross left over right

$\frac{1}{2}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT

- 1-4 Step right forward, pivot a $\frac{1}{2}$ turn left, step forward on right, pivot a $\frac{1}{4}$ turn left (you will be facing the 6:00 back wall)

TOE STRUTS TRAVELING FORWARD WITH FINGER SNAPS

- 1-2 As you angle body slightly to left, touch right toe forward and bring arms to about chest level, bring right heel down as you snap fingers on both hands
- 3-4 Cross left toe over right as you bring arms back and look back, snap fingers on both hands as you bring left heel down
- 5-8 Repeat steps 1-4 above

$\frac{1}{2}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT, SIDE ROCK, RECOVER, CROSS; SIDE ROCK, RECOVER, CROSS

- 1-4 Step right forward, pivot a $\frac{1}{2}$ turn left, step forward on right, pivot a $\frac{1}{4}$ turn left (you will be facing the 3:00 side wall)
- 5&6 Rock right to right side, recover on left, cross right over left
- 7&8 Rock left to left side, recover on right, cross left over right

$\frac{1}{2}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT

- 1-4 Step right forward, pivot a $\frac{1}{2}$ turn left, step forward on right, pivot a $\frac{1}{4}$ turn left (you will be facing the 6:00 back wall)

TAG

- 1&2 Kick right forward, step right next to left, point left to left side (weight still on right)
- 3&4 Kick left forward, step left next to right, point right to right side (weight still on left)

Then go into Part B again
