

# Alive 'n' Kickin

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数:  
编舞者: Tracey McIntosh (UK)  
音乐: You Keep Me Hangin' On - Reba McEntire



## SIDE SHUFFLE, FULL TURN, SIDE SHUFFLE, ROCK STEP

1&2      Step right to side, step left beside right, on ball of left pivot  $\frac{1}{2}$  turn right and step forward right  
3-4      Step forward left, pivot  $\frac{1}{2}$  turn right  
5&6      On ball of right, pivot  $\frac{1}{4}$  turn right and step left to side, step right beside left, step left to side  
7-8      Rock back on right, step left in place

If you do not want to do a full turn, then do a right side shuffle and a back rock step with the left, followed by a left side shuffle with a back rock on right

## KICK BALL CROSS TWICE, STOMP KICK WITH $\frac{1}{4}$ TURN, COASTER STEP

9&10      Kick right foot right at 45 degrees angle, step right to side, cross left over right  
11&12      Kick right foot right at 45 degrees angle, step right to side, cross left over right  
13-14      Stomp right foot in place, on ball of left, pivot  $\frac{1}{4}$  turn right and kick right foot forward  
15-16      Step back right, step back left, step forward right

## STOMP KICK, MODIFIED BOX STEP, STEP $\frac{1}{2}$ TURN, FULL TURN

17-18      Stomp left foot in place, kick left foot slightly across right  
19&20      Cross left over right, step back right, step left beside right  
21-22      Step forward right, pivot  $\frac{1}{2}$  turn left  
23-24      On ball of left, pivot  $\frac{1}{2}$  turn left and step back right, on ball of right, pivot  $\frac{1}{2}$  turn left and step forward left

If you do not want to do a full turn, just walk forward right, left

## SHUFFLE STEP KICK, COASTER STEP, WALK STEPS

25&26      Step forward right, step left beside right, step forward right  
27-28      Step forward left, kick right foot forward  
29&30      Step back right, step back left, step forward right  
31-32      Walk forward left, walk forward right

## STEP $\frac{1}{2}$ TURN TWICE, COASTER STEP, WALK STEPS

33-36      Step forward left, pivot  $\frac{1}{2}$  turn right, step forward left, on ball of left pivot  $\frac{1}{2}$  turn left and step back right  
37&38      Step back left, step back right, step forward left  
29-40      Walk forward right, walk forward left

## CROSS KICK BALL CHANGE TWICE, DIAGONAL SWIVEL STEPS

41&42      Kick right foot across left, step right beside left, step left in place  
43&44      Kick right foot across left, step right beside left, step left in place  
&45      On ball of left, swivel left heel out slightly, step onto ball of right at 45 degrees right  
&46      On ball of right, swivel right heel out slightly, step onto ball of left at 45 degrees left  
&47      On ball of left, swivel left heel out slightly, step onto ball of right at 45 degrees right  
&48      On ball of right, swivel right heel out slightly, step onto ball of left at 45 degrees left

## REPEAT