

Alive

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Alive - Natalie Bassingthwaighte



Starts on Vocal (16 Counts)

Out, Out, Together, Cross Shuffle, Side, Rock, Step.

- 1-3 Step forward & slightly out on Left, step forward & slightly out on Right, step Left next to Right.
4&5 Cross step Right over Left, step Left to Left side, cross step Right over Left.
6-8 Step Left to Left side, rock back on Right, recover on Left.

Shuffle 1/2, Rock, Step, Step, Hold, & Step, 1/2 Pivot.

- 1&2 Make 1/4 turn to Left stepping Right to Right side, 1/4 turn to Left stepping Left next to Right, step back on Right.
3-4 Rock back on Left, recover on Right.
5-6 Step forward on Left, Hold.
&7-8 Step Right next to Left, step forward on Left, pivot 1/2 turn to Right.

Turn 1/4, Sailor Step, Sailor Step, Behind, Side, Cross.

- 1 Make 1/4 turn to Right stepping Left to left side.
2&3 Cross step Right behind Left, step Left to Left side, step Right to Right side.
4&5 Cross step Left behind Right, step Right to Right side, step Left to Left side.
6-8 Cross step Right behind Left, step Left to Left side, cross step Right over Left.

Sway, Sway, Sway, Rock Step, 1/4, Shuffle 1/2.

- 1-3 Sway hips to Left, sway hips to Right, sway hips to Left.
4-6 Rock back on Right, recover on Left, make 1/4 turn to Left stepping back on Right.
7&8 Make 1/4 turn Left stepping Left to Left side, 1/4 turn Left stepping Right next to Left, step forward on Left.

Hitch, Touch, Hitch Ball Step, 1/2 Monterey Turn.

- 1-2 Hitch Right knee forward, touch Right toe next to Left.
3&4 Hitch Right knee forward, step Right next to Left, step forward on Left.
5-6 Point Right to Right side, make 1/2 turn Right stepping Right next to Left.
7-8 Point Left to Left side, step Left next to Right.

Make 1/2 Monterey Cross, Cross, Back, & Step, 1/2 Pivot.

- 1-2 Point Right to Right side, make 1/2 turn Right stepping Right next to Left.
3-4 Point Left to Left side, cross step Left over Right.
5-6 Cross step Right over Left, step back on Left.
&7-8 Step Right next to Left, step forward on Left, pivot 1/2 turn to Right. *R*

Step, 1/2 Turn, Shuffle 1/2 Turn, Rock Step, Coaster Cross.

- 1-2 Step forward on Left, make 1/2 turn to Left stepping back on Right.
3&4 Make 1/4 turn Left stepping Left to Left side, 1/4 turn Left stepping Right next to Left, step forward on Left.
5-6 Rock forward on Right, recover on Left.
7&8 Step back on Right, step Left next to Right, cross step Right over Left.

Side Rock, Crossing Shuffle, 1/4, 1/4, Right Shuffle.

- 1-2 Rock Left to Left side, recover on Right.

3&4 Cross step Left over Right, step Right to Right side, cross step Left over Right.
5-6 Make 1/4 turn to Left stepping back on Right, 1/4 turn Left stepping Left to left side.
7&8 Step forward on Right, step Left next to Right, step forward on Right.

Tag: At End Of Wall 2 (Facing Front)

Rock Step, Coaster Step, Rock Step, Coaster Step.

1-2 Rock forward on Left, recover on Right.
3&4 Step back on Left, step Right next to Left, step forward on Left.
5-6 Rock forward on Right, recover on Left.
7&8 Step back on Right, step Left next to Right, step forward on Right.

***R* Restart..**

Dance Up To & Including Count 48..Wall 3.. Then Restart Dance From Beginning
