

So Alive

拍数: 64 墙数: 4 级数: Beginner - Jazz style
编舞者: Rene & Reg Mileham (UK) - May 2013
音乐: I'm Alive - Imelda May : (CD: More Mayhem)



32 count intro

Section 1: Sway Right, Left, Right, hold. Repeat to Left

1 – 2 Sway Right, Sway Left
3 – 4 Sway Right, hold
5 – 6 Sway Left, Sway Right
7 – 8 Sway Left, hold (weight on Left)

Section 2: Triple ½ turn, triple ¼ turn. Side touch, side, touch

1 & 2 Triple ½ turn Right (R,L,R) 6.00
3 & 4 Triple ¼ turn Right (L,R,L) 9.00
5 – 6 Step Right to right side, touch Left to Right
7 – 8 Step Left to left side, touch Right to Left

Section 3: Right weave with brushes

1 – 2 Step Right to right side, Step Left behind Right
3 – 4 Step Right to right side, brush Left forward
5 – 6 Step Left across Right, step Right to right side
7 – 8 Step Left behind Right, brush Right forward (weight on Left)

Section 4: Toe struts . ¼ Turning Jazz box

1 – 2 Right toe strut, drop heel
3 – 4 Left toe strut drop heel
5 – 6 Cross Right over Left, step back on Left turning ¼ right 12.00
7 – 8 Step Right to right side, close Left to Right (weight on Left)

Section 5: Right and Left side mambo

1 - 2 Rock Right to right side, recover onto Left
3 - 4 Step Right beside Left, hold
5 – 6 Rock Left to left side, recover onto Right
7 – 8 Step Left beside Right, hold

Section 6: Toe struts. ¼ Turning Jazz box with touch

1 – 2 Right toe strut, drop heel
3 – 4 Left toe strut drop heel
5 – 6 Cross Right over Left, step back on Left turning ¼ right 3.00
7 – 8 Step Right to right side, touch Left to Right (weight on Right)

Section 7: Left weave with brushes

1 – 2 Step Left to left side, Step Right behind Left
3 – 4 Step Left to left side, brush Right forward
5 – 6 Step Right across Left, step Left to left side
7 – 8 Step Right behind Left, brush Left forward (weight on Right)

Section 8: Side Close, side, touch. Side close, side close.

1 – 2 Step Left to left side, close Right to Left
3 – 4 Step Left to left side, touch Right to Left

5 & 6 Step Right to right side, close Left to Right
7 & 8 Step Right to right side, close Left to Right (weight on Left)

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