

# Alive

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Jamie Marshall (USA) & Ben Heggy (USA) - April 2014  
音乐: Alive - Avalon : (Album: Reborn)



**Start: On lyrics, after 16 counts, approx. 12 sec.**

**S1 (1-8) Forward, Step; ½ Pivot; ½ Turn; ¼ Turn; Side; Behind; Side; Point; Sway;**

- 1 (1) Step R forward (1);
- 2&3 (2) Step L forward; (&) Turn ½ R, weight to R; (3) Turn ½ R and step L back; (12:00)
- 4 (4) Turn ¼ right and sway R as you step R to the side; (3:00)
- 5 (5) Sway L as you step L to the side;
- 6&7 (6) Step R behind L; (&) Turn ¼ turn L and step L to the side; (7) Point R to R;
- 8 (8) Sway to the R stepping down on R and pointing L to L; (12:00)

**Styling: □4-5 Flow arms as you sway**

- 7-8 Angle upper body toward diagonals and look toward pointed foot. Roll on balls of feet as you transition from pointing to weight bearing and vice versa.

**S2 (9-16) Behind; Quarter; Close; Behind; Unwind; Side rock; Cross rock; Ball; Cross; Side;**

- 1&2 (1) Cross L behind R; (&) Turn ¼ R, stepping R forward; (2) Step L next to R (2) (3:00)
- 3,4 (3) Hook R behind L; (4) Unwind ¾ R, weight ending on R (12:00)
- 5&6& (5) Side rock L to L; (&) Recover onto R; Cross rock L over R; (6) Recover on to R (&)
- 7&8 (7) Step ball of L next to R; (&) Cross R over L; (8) Step L to L;

**S3 (17-24) Side; Cross (Diagonal); Coaster; Half; Half; Fwd; Cross; Out (Squaring up); Out; Ball; Forward;**

- &1 (&) Step R to R; (1) Turn ⅛ L, as you cross L over R; (10:30)
- 2&3 (2) Step R back; (&) Close L; (3) Step R forward;
- 4-5 (4) Turn ½ R and step L back; (5) Turn ½ R and step R forward; (10:30)
- 6&7 (6) Cross L over R; (&) Turn ⅛ L and step R out and back (squaring up to 9:00) ; (7) Step L to L;
- &8 (&) Step R home on the ball of the foot; (8) Step L forward;

**S4 (25-32) Ball; Back; Sweep; Back; Sweep; ½ Sailor left; ½ Volta left;**

- &1-2 (&) Small step R forward on ball of foot; (1) Step L back; (2) Sweep R back;
- 3,4 (3) Step R back; (4) Sweep L;
- 5&6 (5) Cross L behind R; (&) Turn ¼ L, stepping R back; (6) Turn ¼ L, crossing L over R (3:00);
- &7&8 (&) Turn ¼ L, stepping R to R; (12:00) (7) Cross L over R; (&) Turn ¼ L, stepping R to R; (8) Cross L over R (9:00)

**Styling: Try not to make this regimented, make it a flowing circle as if dancing around a handbag on your left.**

**Repeat**

**Restart - Wall 3: Dance through count 16 and Restart, you will be facing 6:00 when the Restart occurs.**

**Ending: You will dance through count 8, which will take you to the back wall then dance:**

- 1-2 Touch the left behind right; ½ unwind, thrusting both arms up into the air and then take a bow

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