

Keeping Me Alive

COPPER KNOB
STEPSHEETS

拍數: 32

牆數: 2

級數: Intermediate / Advanced NC2S
style



編舞者: Rachael McEnaney (USA) - March 2020

音樂: Keeping Me Alive - Jonathan Roy : (iTunes and Spotify)

Count In: The Dance Starts Immediately on 'Down'...'You try to hold me DOWN'

Notes: A special thank you to my friend Peder Pedersen for suggesting this track.

There are 3 tags, walls 1, 3 and 5.

[1 - 8] L LUNGE, FULL TURN R, L HITCH, FWD L-R-L (ARM OPTIONS), BACK R-L, R BACK ROCK, R FWD, 1/2 PIVOT L

- 1 Step L to left side as you bend L knee into a slight lunge prepping body left [1] 12.00
- 2 & 3 Make 1/4 turn right stepping forward R [2]. Make 1/2 turn right stepping back L [&] Make 1/4 turn right stepping R to right side [3] 12.00
- & Make 1/8 turn right as you hitch L knee raising up on ball of R [&] (arm option: cross each arm over chest hands touching opposing shoulder) 1.30
- 4 & Step L forward [4] (option: bring L hand to L shoulder). Step R forward [&] (option: bring R hand to R shoulder) 1.30
- 5 Rock L forward [5] (option: take arms away from shoulder taking R arm forward and L slightly back) 1.30
- 6 & 7 & Recover weight R [6]. Step L back [&]. Rock R back [7]. Recover weight L [&] 1.30
- 8 & Step R forward [8]. Pivot 1/2 turn left [&] 7.30

[9 - 17] R SIDE/BACK SWEEP L, LBEHIND-RSIDE-LCROSS, R CROSS, 1/4 R BACK L, R BACK, L HOOK, L FWD, 1/2 L BACK R, L BACK, FULL TURN FWD R

- 1 Make 3/8 turn left as you step R to right side and slightly back as you sweep L [1] 3.00
- 2 & 3 Cross L behind R [2]. Step R to right side [&]. Cross L over R as you sweep R [3] 3.00
- 4 & 5 & Cross R over L [4]. Make 1/4 turn right stepping L back [&]. Step R back [5]. Hook L in front of R shin [&] 6.00
- 6 & 7 (&) Step L forward [6]. Make 1/2 turn left stepping R back [&]. Step L back [7]. Option: Hook R in front of L shin (&) 12.00
- 8 & 1 Step R forward [8]. Make 1/2 turn right stepping L back [&]. Make 1/2 turn right stepping R forward as you sweep L [1] 12.00

TAG 2: 3rd wall begins facing 12.00, dance above 9 counts (without the final sweep)then:

Step L forward (slightly across R) [2]. Cross R over L [3]. Step L to left side [&]. Cross R behind L [4]. Hitch L knee (option to hop slightly on R) [&]. 12.00

[18 - 24] L CROSS, R SIDE, L BEHIND, R POINT, R CROSS, L POINT, 1/4 L, R CROSS, L SIDE, R BEHIND, L POINT, 1/8 R FWD L, R CLOSE

- 2 & 3 & Cross L over R [2]. Step R to right side [&]. Cross L behind R [3]. Point R to right side [&] 12.00
- 4 & 5 Cross R over L [4]. Point L to left side [&]. Make 1/4 turn L stepping forward L as you sweep R [5] 9.00
- 6 & 7 & Cross R over L [6]. Step L to left side [&]. Cross R behind L [7]. Point L to left side [&] 9.00
- 8 & Make 1/8 turn right stepping L forward [8]. Step R next to L [&] 10.30

[25 - 32] L FWD 1/2 TURN L, R LOCK STEP WITH 1/8 R, L CROSS ROCK, L SIDE ROCK, L BACK, R SIDE ROCK, R BACK, FULL TURN L

- 1 Step L forward as you hitch R knee making 1/2 turn left [1] 4.30
- 2 & 3 Step R forward [2]. Step L next to R (or lock slightly behind) [&]. Step R forward as you hitch L knee making 1/8 turn right [3] 6.00
- 4 & Cross rock L over R [4]. Recover weight R [&] 6.00

5 & 6 Rock L to left side [5]. Recover weight R [&]. Step L back and slightly behind R[6]. 6.00
& 7 & Rock R to right side [&] recover weight L [7]. Step R back and slightly behind L [&] 6.00
8 & Make 1/4 turn left stepping L forward [8]. Make 1/2 turn left stepping R next to L [&]. Make 1/4
turn left on ball of R to start dance again with the left lunge. 6.00

**TAG 1: TAG 1 HAPPENS AT THE END OF THE 1ST WALL, FACING 6.00, REPEAT THE LAST 4 COUNTS
OF THE DANCE, THEN START AGAIN.**

1 - 4 Repeat counts 5 - 8& of section 25 - 32. 6.00

**TAG 3: TAG 3 HAPPENS AT THE END OF THE 5TH WALL. YOU WILL BE FACING 12.00 - DO THE 2
COUNTS BELOW THEN START AGAIN.**

1 - 2 Step L to left side swaying upper body left [1]. Transfer weight R as you sway upper body
right [2] 12.00

START AGAIN ☺ HAVE FUN

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