拍數： 48 牅數： 2 級數：Intermediate NC2S
編舞者：Malene Jakobsen（DK）\＆Adam Åstmar（SWE）－October 2020
音樂：Still Alive－Maximillian
\＃8 counts，approx． 8 seconds，starting right before the word＂You＂．
Important information：
Restart occurs on wall 2 after section 4，facing 12＇00．
Sect－1：Nightclub Basic R． $1 / 4$ R． $1 / 2$ R．Step $1 / 2$ Turn R．Lift Hands．Pull hands Down．Side Rock．

| $1-2 \&$ | （1）Take a big step to the right on RF．（2）Close LF next to RF．（\＆）Slightly cross RF over LF． |
| :--- | :--- |
| $3-4 \&$ | （3）Turn $1 / 4$ to the right，stepping back on LF．（4）Turn $1 / 2$ to the right，stepping forward on RF． |
| \｛9：00\} (\&) Step forward on LF. |  |
| $5-6$ | （5）Turn $1 / 2$ to the right，weight on RF，lifting L hand up to the air，palm facing up．$\{3: 00\}$（6）Lift <br> R hand up to the air，palm facing up． |
| $7-8 \&$ | （7）Pull both hands down to chest and close hands to fists，slightly bending upper body <br> down，as if you＇re holding something to protect．（8）Rock to the left on LF．（\＆）Recover on RF． |

Sect－2：1／8 R，Step with Sweep．Weave with Sweep．Behind． $1 / 8$ R Side．Rocking Chair．Full Spiral Turn R． Step．Step $1 / 4 \mathrm{R}$

| 1－2 \＆ | （1）Turn $1 / 8$ to the right，stepping forward on LF，sweeping RF from back to front．（2）Cross RF over LF．$\{4: 30\}$（\＆）Step to the left on LF． |
| :---: | :---: |
| 3－4\＆ | （3）Step RF behind LF，sweeping LF from front to back．（4）Step LF behind RF．（\＆）Turn $1 / 8$ to the right，stepping to the right on RF．［6：00\} |
| 5 \＆ 6 \＆ | （5）Rock forward on LF．（\＆）Recover on RF．（6）Rock back on LF．（\＆）Recover on RF． |
| 7－8\＆1 | （7）Step forward on LF，making a full spiral turn to the right．（8）Step forward on RF．\｛6：00\}(\&) Step forward on LF．（1）Turn $1 / 4$ to the right，weight on RF（9．00） |

Sect－3：Step $1 / 4$ Turn R．3／8 Diamond Fallaway．Step Forward．Rock Forward．1／8 R Side．Cross．
2 \＆ $3 \quad$（2）Cross LF over RF．（\＆）Step to the right on RF．（3）Turn $1 / 8$ to the left stepping back on LF

| 4 \＆ 5 | （4）Step back on RF．（\＆）Turn $1 / 4$ to the left，stepping forward on LF．（5）Step forward on RF． |
| :--- | :--- |
|  | （4．30） |
| $6-7 \&$ | （6）Step forward on LF．（7）Rock forward on RF．（\＆）Recover on LF． |
| 8 \＆ | （8）Turn $1 / 8$ to the right，stepping to the right on RF．$\{6: 00\}$（\＆）Cross LF over RF． |

Sect－4：Reverse Syncopated Rolling Vine．Together．Weave．Sway L，R．Nightclub Basic L．

| $1-2$ \＆ | （1）Turn $1 / 4$ to the left，stepping back on RF．（2）Turn $1 / 2$ to the left，stepping forward on LF． <br> \｛9：00\} (\&) Turn $1 / 4$ to the left，stepping to the right on RF．\｛6：00\} |
| :--- | :--- |
| $3-4$ \＆ | （3）Close LF next to RF，slightly facing the left diagonal．（4）Cross RF over LF．（\＆）Square up <br> to the right to the back wall，stepping to the left on LF． |
| $5-6$ \＆ | （5）Step RF behind LF．（6）Step to the left，swaying body to the left．（\＆）Sway body to the <br> right． |
| $7-8 \&$ | （7）Take a big step to the left on LF．（8）Close RF next to LF．（\＆）Slightly cross LF over RF． |

Note！－Restart Occurs here at wall 2 －
Sect－5：Nightclub Basic R． $1 / 4$ L with Hitch．Cross Rock，Recover with Sweep．Behind－Side－Cross．Run $1 / 2$ Turn L．

| $1-2$ \＆ | （1）Take a big step to the right on RF．（2）Close LF next to RF．（\＆）Slightly cross RF over LF． |
| :--- | :--- |
| $3-4$ | （3）Turn $1 / 4$ to the left，stepping forward on LF，hitching R knee across LF．（4）Cross rock RF |
| over LF．\｛3：00\} |  |
| $5-6 \&$ | （5）Recover on LF，sweeping RF from font to back．（6）Step RF behind LF．（\＆）Step to the left <br> on LF． |

7-8 \& (7) Cross RF over LF. (8) Turn $1 / 4$ to the left, stepping forward on LF. $\{12: 00\}$ (\&) Turn $1 / 4$ to the left, stepping forward on RF. $\{9: 00\}$

Sect - 6: Step Forward with Sweep. Cross. Side. 1/8 R, Rock Back. 1/4 L. x2 Back Sweep. Rock Back. Cross.
1-2 \& (1) Step forward on LF, sweeping RF from back to front. (2) Cross RF over LF. (\&) Step to the left on LF.

3-4 \& (3) Turn $1 / 8$ to the right, rocking back on RF. (4) Recover on LF. (\&) Turn $1 / 4$ to the left, stepping back on RF. $\{7: 30\}$
5-6 (5) Step back on LF, sweeping RF from front to back. (6) Step back on RF, sweeping LF from front to back.
7-8 \& (7) Rock back on LF. (8) Recover on RF. (\&) Square up to the left to the back wall, crossing LF over RF. \{6:00\}

Have fun!

## Email: adam.astmar@gmail.com lovelinedance@live.dk

Last Update - 18 Oct. 2020

