

# Born to Be Alive

**COPPER** KNOB  
STEPSHEETS

拍數: 40      牆數: 4      級數: Beginner  
編舞者: Annie Saerens (BEL) - July 2024  
音樂: Born to Be Alive - Patrick Hernandez



Intro :32 COUNTS

## FORWARD, FORWARD, ROCK STEP, BACK, BACK, BACK, BACK

1-2-3-4      Step R forward, Step L forward, Rock R forward, Recover onto L  
5-6-7-8      Back steps (R/L/R/L)

## STEP, HOLD, TOGETHER, STEP, TOUCH, STEP, HOLD, TOGETHER, STEP, TOUCH

1-2&3-4      Step R to side, Hold, Step L next to R, Step R to side, Touch L next to R  
5-6&7-8      Step L to side, Hold, Step R next to L, Step L to side, Touch R next to L

## ROCKING CHAIR, HEEL GRIND $\frac{1}{4}$ , BACK ROCK

1-2-3-4      Rock R forward, Recover onto L, Rock R back, Recover onto L  
5-6-7-8      Touch R heel forward, Turn  $\frac{1}{4}$  R and step L back, Rock R back, Recover onto L

## K STEP

1-2-3-4      Step R diagonal forward, Touch L next, Step L diagonal back, Touch R next to L  
5-6-7-8      Step R diagonal back, Touch L next, Step L diagonal forward, Touch R next to L

## LINDY STEP, VINE, TOUCH

1&2-3-4      Step R to side, Together with L, Step R to side, Rock L back, Recover onto R  
5-6-7-8      Step L to side, Cross R behind L, Step L to side, Touch R next to L.

RESTART AFTER 16 COUNTS ON WALL 2

HAVE FUN!

My Email: [annie.saerens@gmail.com](mailto:annie.saerens@gmail.com)

Last Update - 27 Jul. 2024 - R1