I'm Alive

級數: Improver

編舞者: David Scott (UK) & Evelyn Scott

音樂: I'm Alive - Céline Dion

Intro 24 counts after beat kicks in

STEP SLIDE AND STEP TOUCH TWICE

- 1-2-3-4 Step right foot to right and drag left foot together, step right to side and touch left next to right
- 5-6-7-8 Repeat above on left to left side

KICK OUT, OUT, KNEE TURN KICK, COASTER STEP, LEFT SHUFFLE

牆數: 4

- 1&2 Kick right foot out, step right to side, step left to side
- &3-4 Push right knee in towards left knee, push right knee out making a ¼ turn right while kicking right leg out
- 5&6 Step right leg back, close left next to right, step forward on right
- 7&8 Step forward on left, close right next to left, step forward on left

ROCK RECOVER, BACK RIGHT SHUFFLE, HALF TURN, HIP BUMPS

- 1-2 Rock forward on right, recover weight on left
- 3&4 Step right back, close left next to right, step back on right
- 5-6 Make a ¼ turn left stepping back on left foot, make a ¼ turn left stepping onto right foot
- 7-8 Make two hip bumps to the right

SIDE, BEHIND, ½ TURN STEP, STEP KICK OUT, OUT AND TOUCH

- 1-2 Step left to side, step right behind left
- 3-4 Step left to side making a ¹/₂ turn left, step right foot to side
- 5 Step left foot to left side
- 6&7 Kick right foot out, step right to side, step left to side
- 8 Touch right foot next to left

REPEAT

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After seventh wall (you will be facing 9 o'clock wall) kick ball point, cross unwind

- 1&2 Kick right foot forward, bring back in place, touch left foot to left side
- 3-4 Cross left over right and unwind a ¹/₂ turn right leaving weight on left foot

FINISH

After the ninth wall there will be about 5 counts left in the music. Step right to right side and slide your left foot up to touch, over 4 counts.





拍數: 32