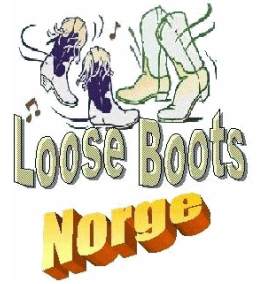


Alive & Kickin'

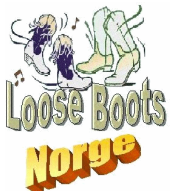
56 COUNT, 4 WALL LINE DANCE



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PREPARED BY: SADIAH HEGGERNES (Tlf. 33 05 87 94 Mob. 9024440)
CHOREOGRAPHED BY: DANIEL WHITTAKER (UK) MAY 99.
LEVEL OF DIFFICULTY: INTERMEDIATE
MUSIC SUGGESTION: "THAT DON'T IMPRESS ME MUCH" (Dance Mix) by Shania Twain

- Section 1 Syncopated Vine Right, Back Rock, Chasse Left.**
1 - 2 Step right to right side. Cross left behind right.
& 3 - 4 Step right to right side. Cross left over right. Step right to right side.
5 - 6 Rock back on left. Rock forward onto right.
7 & 8 Step left to left side. Close right beside left. Step left to left side.
- Section 2 Weave Left, Cross Rock, Chasse 1/4 Turn Right.**
9 - 10 Cross right over left. Step left to left side.
11 - 12 Cross step right behind left. Step left to left side.
13 - 14 Cross rock right over left. Rock back onto left.
15 & 16 Step right to right side. Close left beside right. Step right 1/4 turn right.
- Section 3 Kick Ball Step, Step, 1/2 Pivot, Shuffle 1/2 Turn, Back Rock.**
17 & 18 Kick left forward. Step left beside right. Step forward right.
19 - 20 Step forward left. Pivot 1/2 turn right.
21 & 22 Shuffl e step 1/2 turn right, stepping - Left, Right, Left.
23 - 24 Rock back on right. Rock forward onto left.
- Section 4 Kick Ball Step, Step, 1/2 Pivot, Shuffle 1/2 Turn, Coaster Step.**
25 & 26 Kick right forward. Step right beside left. Step forward left.
27 - 28 Step forward right. Pivot 1/2 turn left.
29 & 30 Shuffl e step 1/2 turn left, stepping - Right, Left, Right.
31 & 32 Step back left. Step right beside left. Step forward left.
- Section 5 Kick Ball Touch x 2, Sailor Steps x 2.**
33 & 34 Kick right forward. Step right beside left. Touch left to left side.
35 & 36 Kick left forward. Step left beside right. Touch right to right side.
37 & 38 Cross right behind left. Step left to left side. Step right in place.
39 & 40 Cross left behind right. Step right to right side. Step left in place.
- Section 6 Step 1/2 Pivot Left x 2, Syncopated Jumps Forward & Back.**
41 - 42 Step forward right. Pivot 1/2 turn left.
43 - 44 Step forward right. Pivot 1/2 turn left.
& 45 - 46 Step forward right. Step left shoulder width from right. Clap.
& 47 - 48 Step back right. Step left back shoulder width from right. Clap.
- Section 7 Hitch 1/4 Turns Left x 4, Syncopated Diagonal Steps Forward.**
& 49 Hitch right knee making 1/4 turn left. Touch right to right side.
& 50 & 51 Repeat steps & 49 twice more.
& 52 Hitch right knee making 1/4 turn left. Step right beside left.
53 - 54 Step left diagonally forward left. Hold. (Splay arms out)
& 55 - 56 Step right beside left. Step left forward. Touch right beside left.



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