

X-Alive

The Power Of Love x I'm Alive — Laback & Laura Furmanova



Débutant

CHORÉGRAPHE

Marie-Paule Tremblay

COMPTES

32

MURS

2

ANNÉE

INTRODUCTION

Start: 32-count intro from the main beat

SECTION 1 [1-8] SKATE RIGHT, SKATE LEFT, SHUFFLE FWD, SKATE LEFT, SKATE RIGHT, SHUFFLE FWD

COMPTES	PAS
1-2	Skate RF fwd diagonally right - Skate LF fwd diagonally left
3&4	Shuffle fwd: RF, LF, RF
5-6	Skate LF fwd diagonally left - Skate RF fwd diagonally right
7&8	Shuffle fwd: LF, RF, LF

SECTION 2 [9-16] ROCK - RECOVER, COASTER STEP, ROCK RECOVER, ½ TURN LEFT SHUFFLE

COMPTES	PAS
1-2	Rock RF fwd - Recover onto LF
3&4	Step RF back - LF next to RF - RF fwd
5-6	Rock LF fwd - Recover onto RF
7&8	½ turn left with a shuffle fwd: LF, RF, LF (facing 6:00)

SECTION 3 [17-24] SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

COMPTES	PAS
1-2	Rock RF to right side - Recover onto LF
3&4	RF behind LF - LF to left side - RF crosses over LF
5-6	Rock LF to left side - Recover onto RF
7&8	LF behind RF - RF to right side - LF crosses over RF

SECTION 4 [25-32] (TOE STRUT FWD) x4

COMPTES

PAS

1-2-3-4

RF toe fwd - Drop RF heel - LF toe fwd - Drop LF heel

5-6-7-8

RF toe fwd - Drop RF heel - LF toe fwd - Drop LF heel

NOTES

Enjoy your dance!
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