

# Staying Alive

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**Count:** 72

**Wall:** 1

**Level:** Phrased Fun Dance

**Choreographer:** Ivonne Verhagen - March 2017

**Music:** Staying Alive - GLEE - iTunes

**Dance starts after 24 counts**

**PART A: 32 counts**

**A1: 3 X WALK FORWARD, KICK, 3X WALK BACK, TOUCH**

1,2,3,4RF step forward, LF step forward, RF step forward, LF kick forward

5,6,7,8LF step back, RF step back, LF step back, RF touch

**A2: SIDE, CLOSE, SIDE, TOUCH, SIDE, CLOSE, SIDE, TOUCH,**

1,2,3,4RF step side, LF close to RF, RF step side, LF touch

5,6,7,8LF step side, RF close to LF, LF step side, RF touch

**A3: RIGHT HIP HIGH, AND LOW, AND HIGH, AND STEP ON RF, (SAME WITH LEFT FOOT)**

1&2RF touch diagonal forward & push hip up, hip center, push hip down,

&3&4 Push hip up, hip centre, RF step on RF

5&6LF touch diagonal forward & push hip up, hip center, push hip down,

&7&8 Push hip up, hip centre, LF step on LF

**A4: TOE STRUT RIGHT (HANDMOVE) TOE STRUT LEFT (HANDMOVE) 4X STEP IN PLACE AND USE HANDS**

1,2RF touch side, clap heel down (make a rolling wheel with your hands right on level of your head)

3,4LF touch side, clap heel down (make a rolling wheel with your hands left on level of your head)

5,6,7,8 4 X step in place (RF-LF-RF-LF), Push your elbows to the back 4x

**TAG**

**1-8step in place RF-LF-RF-LF- RF-LF-RF-LF**

**CHORUS (PART B) 40 COUNTS**

**B1: MAMBO STEP FORWARD, MAMBO STEP BACK, POINTING ARMS UP AND DOWN**

**1&,2,3&4RF rock forward, back on LF, RF step back, LF rock back, back on RF, LF step forward**

**5,6,7,8** Point right finger right up, Point right finger left down, (2)

**B2: 4 X PADDLE  $\frac{1}{4}$  TURN LEFT, POINTING ARMS UP AND DOWN**

**1,2,3,4 $\frac{1}{4}$  turn left & RF touch side, (4x)**

**5,6,7,8** Point right finger right up, Point right finger left down, (2)

**B3: OUT, OUT, IN, IN, POINTING ARMS UP AND DOWN**

**1,2,3,4RF step out, LF step out, RF step in, LF step in**

**5,6,7,8** Point right finger right up, Point right finger left down, (2)

**B4: RIGHT ARM UP, BIT DOWN, BIT DOWN, DOWN (SNAPPING FINGERS), WAVE RIGHT ARM FROM DOWN TO UP**

**1,2,3,4RF snap finger high right, a bit lower, a bit lower, and down**

**5,6,7,8** Start move Right arm from down to up right side (KEEP IT UP)

**B5: WAVE LEFT ARM FROM DOWN TO UP (LEFT HAND), BOTH ARMS DOWN**

**1,2,3,4,** Start move Left arm from down to up right side

**5,6,7,8** Both arms moving down

**DANCE SEQUENCE: A-B-TAG-A-B-TAG-A-TAG-A-B-B**

**Have fun!**

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