

# Stay Inside Stay Alive

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**Count:** 32                      **Wall:** 2                      **Level:** High Beginner

**Choreographer:** Nora Chuang - March 2020

**Music:** "Stayin' Inside" Parody of Bee Gees' "Stayin' Alive" by Brent McColough

**Music: "Stayin' Alive" by the Bee Gees is available on iTunes and Amazon.**

**Start dance 24 counts.**

**No tags, no restarts.**

**S 1: (Dorothy Steps) x 2, Forward/Recover, Shuffle ½ Right Turn (12 ->6 o'clock)**

**1,2&**            Right Dorothy: R diagonal forward (1), L lock (2), R diagonal forward (&)

**3,4&**            Left Dorothy: mirror right side

**5,6R rock forward (5), L recover (6)**

**7&8**            Shuffle ½ right turn, R (7), L (&), R (8)

**S 2: Out, Out, Flick, Side, Flick Side, Coaster Step (6 o'clock)**

**1,2L step forward diagonal (1), R step forward diagonal (2)**

**3,4L flick up/behind, step to left side**

**5,6R flick up/behind, step to right side**

**7&8**            Coaster steps: L step back (7), R step back together (&), L step forward (8)

**S 3: (Step Forward, Side Rock/Recover) x 2, Jazz Box w ¼ Right Turn (6 -> 9 o'clock)**

**1,2&R step forward (1), L rock to side (2), R recover (&)**

**3,4&L step forward (3), R rock to side (4), L recover (&)**

**5-8**            Jazz box with ¼ right turn: R cross over L (5), L step to step to side while making ¼ right turn (6), R step to side next to L (7), L cross over R (8)

**S 4: Hip Bumps w Hands Pointing Up/Down, Cross R over L, ¼ Left Turn (9 -**

**1&2&**            Hip bumps R (1), L (&), R (2), L (&), at the same time point R hand up to right side with index finger up (1), point R hand down to left side (2)

**3&4&**            Repeat steps 1&2&

- 5&6&** Mirror steps 1&2&: hip bumps R, L, R, L, at the same time point L hand up to left side with index finger up (5), point L hand down to left side (6)
- 7,8** Cross R over L on right ball (7), make  $\frac{1}{4}$  left turn while shifting weigh to L (8)

**Start dance again.**

**Enjoy. Stay inside and stay safe!**

**Option 2 for S 4: Use “flossing” moves for steps 1&2&3&4&5&6&. See teach tape for demo.**

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