

Keeping Me Alive

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Count: 32

Wall: 1

Level: Intermediate

Choreographer: Frédéric Marchand (FR) April 2020

Music: Keeping Me Alive by Jonathan Roy (2019) (63 Bpm)

The dance begins with the vocals

Heel grind & heel grind turning $\frac{1}{4}$ l, coaster step, rock forward

1-2 Step forward with RF, just put on the heel (toe pointing to the left) - weight back on LF (toe pointing to the right)

&3-4RF beside LF and step forward with LF, just put on the heel (toe pointing to the right) - $\frac{1}{4}$ turn left around and step backwards with RF (tiptoe turns) (9 o'clock)

5&6 Step backwards with LF, RF beside LF and step around forward with LF

7-8 Step forward with RF - weight back on LF

Restart: in the 5th round - direction 9 o'clock - stop after '5-6', to '7-8': ,Snap with the right hand diagonally to the top right - snap with the right hand to the right' and start again

Shuffle back turning $\frac{1}{2}$ r, $\frac{1}{2}$ turn r, $\frac{1}{2}$ turn r, shuffle forward, step, pivot $\frac{1}{2}$ l

1&2 $\frac{1}{4}$ Turn right around and step with RF to right side - LF beside RF, $\frac{1}{4}$ turn right around and step forward with RF (3 o'clock)

3-4 $\frac{1}{2}$ Turn right around and step backwards with LF - $\frac{1}{2}$ turn right around and step forward with RF

5&6 Step forward with LF - RF beside LF and step forward with LF

7-8 Step forward with RF - $\frac{1}{2}$ turn left around on both bales, weight at the end left (9 o'clock)

Restart: In the 3rd round - direction 3 o'clock - stop here and start again

Restart: In the 8th round - direction 12 o'clock - stop here and start again

Point, hold & point & heel & heel, hold (hook), shuffle forward

1-2 Touch right toe to right side - Hold

&3RF beside LF and touch left toe to the left side

&4LF beside RF and touch right heel in front

&5-6RF beside LF and touch left heel in front - hold (Option: LF lift slightly up and cross in front of right shin)

7&8 Step forward with LF, RF beside LF and step forward with LF

Step, pivot ½ | 2x, kick-ball -point, kick-ball-touch

1-2 Step forward with RF - ½ turn left around on both bales, weight at end left (3 o'clock)

3-4 As 1-2 (9 o'clock)

5&6 Kick RF forward - RF beside LF and touch left toe to left side

7&8 Kick LF forward - LF beside RF and touch RF next to the LF

Repeat until the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

Contact: birgit.golejewski@gmail.com www.country-linedancer.de

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