

# ALIVE AND FREE

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**Count:** 48

**Wall:** 2

**Level:** intermediate

**Choreographer:** Sylvia Schell

**Music:** Who Wouldn't Wanna Be Me by Keith Urban

**Count 48 counts and start the dance. This is before the vocal starts, but the dance will end with the music**

## **SIDE, ROCK, RECOVER, ¼ TURN, ½ TURN, STEP BACK, COASTER STEP**

- 1-2-3** Step left to left, rock back (5th position) with right, recover on left
- 4-5-6** Turn ¼ turn right stepping on right, spin ½ turn right on right while stepping back on left, step back on right
- 7&8** Step back on left, step back on right beside left, step forward on left

## **CROSS, BACK, BIG STEP, TOUCH, CROSS, RECOVER, ¼ TURN, TOUCH**

- 1-2** Cross right over left, step back with left
- 3-4** Step big step to right with right, touch left beside right
- 5-6** Cross rock left over right, recover on right
- 7-8** Turning ¼ turn left step forward on left, touch right beside left

## **STEP RIGHT, ROCK, RECOVER, STEP LEFT, ROCK, RECOVER, SHUFFLE**

- 1-2-3** Step right to right side, rock back (5th position) on left, recover on right
- 4-5-6** Step left to left side, rock back (5th position) on right, recover on left
- 7&8** Shuffle forward (right, left, right)

## **½ TURN, STEP, COASTER STEP, RIGHT MONTEREY TURN, ROCK RIGHT**

- 1-2** Spin ½ turn right on right while stepping back on left, step back on right
- 3&4** Step back on left, step back on right beside left, step forward on left foot
- 5-6** Touch right toe to right side, turn ½ turn to right on ball of left stepping on right
- 7-8&** Touch left toe to left, step on ball of left beside right, rock onto right beside left

## **ROCK, RECOVER, BACK RONDÉS LEFT, RIGHT, LEFT, ROCK, SHUFFLE**

- 1-2** Rock forward on left, recover on right
- 3** Swing left foot to left and step back on it

- 4** Swing right foot to right and step back on it
- 5-6** Swing left foot to left and step back on it, rock forward on right
- 7&8** Shuffle forward (left, right, left)

**STEP RIGHT, ROCK, RECOVER, STEP LEFT, ROCK, RECOVER, SHUFFLE**

- 1-2-3** Step right to right side, rock back (5th position) on left, recover on right
- 4-5-6** Step left to left side, rock back (5th position) on right, recover on left
- 7&8** Shuffle forward (right, left, right)

**REPEAT**