

Keep Me Alive

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Count: 64

Wall: 4

Level: Intermediate / Advanced

Choreographer: Kirsten Matthiessen - June 2014

Music: 'Windy' by Scarlet Pleasure

Intro: 32 counts (16 counts from heavy beat)

Note: Restart on 3rd wall:

Restart after 16 counts, changing the Mambo Step (7&8) to a Rocking Chair (7&8&)

[1-8] Walk walk, step turn $\frac{1}{4}$ L, weave, side, step lock step

- 1-2 Step R fw, step L fw 12:00
- 3& Step R fw, turn $\frac{1}{4}$ L stepping onto L 09:00
- 4&5 Cross R over L, step L to L side, cross R behind L 09:00
- 6-7&8 Step L to L side, step R fw, lock L behind R, step R fw 09:00

[9-16] Step turn, full turn R sweep, step, step lock step, mambo fw

- 1-2 Step L fw, turn $\frac{1}{2}$ R stepping onto R 03:00
- 3-4 Turn $\frac{1}{2}$ R stepping L back sweeping R another $\frac{1}{2}$ R, step R fw 03:00
- 5&6 Step L fw, lock R behind L, step L fw 03:00
- 7&8 Rock R fw, recover onto L, step R slightly back 03:00

[17-24] Back x2, behind side cross, scissor step, $\frac{1}{4}$ R shuffle back

- 1-2 Step L back grinding R heel, step R back grinding L heel 03:00
- 3&4 Cross L behind R, step R to R side, cross L over R 03:00
- &5-6 Step R to R side, step L next to R, cross R over L 03:00
- 7&8 Turn $\frac{1}{4}$ R stepping L back, step R next to L, step L back 06:00

[25-32] Rock back, kick ball step, mambo $\frac{1}{2}$ R, $\frac{1}{2}$ R, $\frac{1}{4}$ R, cross

- 1-2 Rock R back, recover onto L 06:00
- 3&4 Kick R fw, step R next to L, step L fw 06:00
- 5-6-7 Rock R fw, recover onto L, turn $\frac{1}{2}$ R stepping R fw 12:00
- 8&1 Turn $\frac{1}{2}$ R stepping L back, turn $\frac{1}{4}$ R stepping R to R side, cross L over R 09:00

[33-40] Side rock cross x2, ¼ L, chasse

- 2&3** Rock R to R side, recover onto L, cross R over L 09:00
- 4&5** Rock L to L side, recover onto R, cross L over R 09:00
- 6-7&8** Turn ¼ L stepping R back, step L to L side, step R next to L, step L to L side 06:00

[41-48] Sailor step x2, behind, ¼ L, step turn step

- 1&2** Cross R behind L, step L slightly to L side, step R to R side (slightly fw) 06:00
- 3&4** Cross L behind R, step R slightly to R side, step L to L side (slightly fw) 06:00
- 5-6** Cross R behind L, turn ¼ L stepping L fw 03:00
- 7&8** Step R fw, turn ½ L stepping onto L, step R fw 09:00

[49-56] Step, kick ball touch, hip bump, ball rock sweep, sailor ¾ R

- 1-2&3** Step L fw, kick R fw, step R next to L, touch L fw 09:00
- &4** Bump hips up, bump hips back 09:00
- &5-6** Step L next to R, rock R fw, recover onto L sweeping R back 09:00
- 7&8** Turn ¼ R stepping onto R, turn ¼ R stepping L to L side, turn ¼ R crossing R in front of L 06:00

[57-64] Snake roll, behind side cross, side rock ¼ L, rocking chair

- 1-2** Point L to L side starting a side body roll, finish body roll ending with weight on L 06:00
- 3&4** Cross R behind L, step L to L side, cross R over L 06:00
- 5&6** Rock L to L side, turn ¼ L recovering onto R, step L next to R 03:00
- 7&8&** Rock R fw, recover onto L, rock R back, recover onto L 03:00

Hope you enjoy

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