

Dance Keeps Me Alive

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Count: 48

Wall: 4

Level: Intermediate

Choreographer: Jane & Matz Nilsson (Sweden), April 2014

Music: Keeps Me Alive by Jay Smith, CD: King of man, iTunes - 136 bpm

12 counts intro

S1: Basic forward, step back, sweep

1-3 Step right forward, step left beside right, step right beside left

4-6 Step left back, sweep right round to back (2 counts)

S2: Basic backwards, step forward, sweep

1-3 Step right back, step left beside right, step right beside left

4-6 Step left forward, sweep right round to front (2 counts)

S3: Cross, $\frac{1}{4}$ turn right x 2, basic forward

1-3 Cross right over left, make $\frac{1}{4}$ turn right stepping left back, make $\frac{1}{4}$ turn right stepping right to right side

4-6 Step left forward, step right beside left, step left beside right

S4: Long step right, drag, touch, turn left $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{2}$

1-3 Step right long step to right, drag left to right, touch left beside right

4-6 $\frac{1}{4}$ turn left stepping forward left, $\frac{1}{2}$ turn left stepping back right, $\frac{1}{2}$ turn left stepping forward left.

S5: Cross, point, hold, cross, point, hold

1-3 Cross right over left, point left to left side, hold

4-6 Cross left over right, point right to right side, hold

S6: Twinkle backwards right, twinkle backwards left

1-3 Cross right behind left, step left to left side, step right beside left

4-6 Cross left behind right, step right to right side, step left beside right

S7: Weave left, touch, hold

1-3 Cross right over left, step left to left side, cross right behind left

4-6 Step left to left side, touch right beside left, hold

S8: Turn $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{2}$ right, $\frac{1}{4}$ step turn right, step forward

1-3 $\frac{1}{4}$ turn right stepping forward on right, $\frac{1}{2}$ turn right stepping back on left, $\frac{1}{2}$ turn right stepping forward on right

4-6 Step left forward, $\frac{1}{4}$ turn right (weight ends on right), step forward on left

Restart 1: Wall 3 after 42 counts, facing 9 o'clock

Restart 2: Wall 6 after 36 counts, facing 6 o'clock

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