

# Alive In Us

Count: 32 Wall: 0 Level: Beginner

Choreographer: Isabell Allert – October 2018

Music: Alive by Hillson Young & Free



## Dance starts after 32 Counts

### [1-8] Point fw, Point side, Point back, Close, Point fw, Point side, Point back, Close

1 - 4 Right foot Point forward, right foot Point to the side, right foot Point back, right foot close next to left foot

5 - 8 Left foot Point forward, left foot Point to the side, left foot Point back, left foot close next to right foot

**Option: Move your arms like feet, raise your arms, to the side, downward**

### [9-16] Grapevine rechts, Touch, Grapevine links, Touch

1 - 4 Right foot step to the side, left foot cross behind right, right foot step to the side, left foot touch next to right foot

5 - 8 Left foot step to the side, right foot cross behind left, left foot step to the side, right foot touch next to left foot

**Option: Do a Rolling Vine instead of an Grapevine or Side, Close, Side, Touch**

### [17-24] K-Step

1 - 4 Right foot step diagonal forward, left foot touch next to right foot, left foot step diagonal backward, right foot touch next to left foot

5 - 8 Right foot step diagonal backward, left foot touch next to right foot, left foot step diagonal forward, right foot touch next to left foot

### [25-32] Heel Grind $\frac{1}{4}$ turn, Back Rock, Step, Close, Clap, Snap

1, 2  $\frac{1}{4}$  turn on right heel, left foot step backward

3, 4 Right foot step backward, weight back on left

5, 6 Right foot step forward, left foot close next to right

7, 8 Clap your hands, snap with your fingers

## Dance starts again

### Ending: In wall 15 after 16 Counts

#### Grapevine right, Side, Behind, $\frac{1}{4}$ turn, Step, $\frac{1}{4}$ turn, side

1-4 Right foot step to the side, left foot cross behind right foot, right foot step to the side, left foot touch next to right

5, 6 Left foot step to the side, right foot cross behind left foot

7  $\frac{1}{4}$  turn left, left foot step forward

8  $\frac{1}{4}$  turn left, right foot step to the side