

I'M ALIVE

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, UT, 801-628-4752, Email: rounds-by-russ@comcast.net
MUSIC: MP3 Download Amazon.com "I'm Alive" Artist: Celine Deon
FOOTWORK: Opposite For Woman Except Where Noted
NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable
RHYTHM: CHA, CHA
DANCE LEVEL: Phase IV
SPEED: 48 RPM
RELEASED: OCT 2009

SEQUENCE: INTRO – A – A (1 – 8*) – B – C – B (MOD) – C – END

INTRO

1 – 10 **BTFY FCNG WALL WAIT;; SD-DRW-TCH L & R;; SD-DRW-CLO – TWICE;; VINE -8;; TRAV DOOR – TWICE;;**
(Sd-Drw-Tch L & R) Sd L-, drw tch R-; sd R-, drw tch L-; **(Sd-Drw-Clo – Twice)** Sd L-, drw clo R -; sd L-, drw clo R-; **(Vine -8)** Sd L, cross R bhnd, sd L, cross R in frnt; sd L, cross R bhnd, sd L, cross R in frnt; **(Trav Door – Twice)** Staying in BTFY/WALL sd L, rcvr R, thru L/sd R, thru L; sd R, rcvr L, thru R/sd L, thru R;

11 – 12 **CIR AWY -2 & CHA; BK TOG -2 & CHA;**
(Cir Awy -2 & Cha) Rlsng hnds trng ½ lft fc fwd L, fwd R, fwd L/clo R, fwd L; **(Bk Tog -2 & Cha)** Trng ½ lft fc fwd R, fwd L, fwd R/clo L, fwd R to BTFY/WALL;

PART A

1 – 10 **½ BASIC; FAN; HCKYSTIK;; RVS CRABWLK – TWICE;; FNCLINE; SPT TRN; (*) OPN BRK; AIDA;**
(½ Basic) Fwd L, rcvr R, bk L/clo R, bk L; **(Fan Frm ½ Basic)** Bk R, rcvr L, in plc R/L, R to FAN POSITION; **(Woman fwd L, rlsng trail hnds & trng ¼ lft fc sd & bk R, bk L/clo R, bk L;)** **(Hckystik)** Fwd L, rcvr R, in plc L/R, L; bk R, rcvr L, diag out twds BTFY RLOD/WALL fwd R/clo L, fwd R; **(Woman clo R to L, fwd L, fwd R/clo L, fwd R; fwd L, trng 5/8 lft fc undr lead hnds bk R, bk L/clo R, bk L;)** **(Rvs Crabwlk – Twice)** Staying in BTFY/WALL thru L, sd R, thru L/sd R, thru L; sd R, thru L, sd R/clo L, sd R; **(Fncline)** Staying in BTFY/WALL thru-lunge L, rcvr R, sd L/clo R, sd L; **(Spt Trn)** Rlsng hnds trng ½ lft fc thru R, pvt ½ lft fc rcvr L to BTFY/WALL, sd R/clo L, sd R; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L; **(Aida)** Cross trail hnds ovr lead hnds trng ¼ lft fc thru R, rlsng trail hnds & trng 5/8 rt fc bk L to "V" bk to bk position to fc RLOD, bk R/clo L, bk R;

11 – 16 **BK ½ BASIC; CUCARACHA – BTFY; OPN BRK; UNDRARM TRN; SHLDR TO SHLDR; SPT TRN;**
(BK ½ Basic) Bk L, rcvr R, fwd L/clo R, fwd L; **(Cucaracha – Btfy)** Sd R, trng ¼ lft fc rcvr L to BTFY/WALL, in plc R/L,R; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L; **(Undrarm Trn)** Rlsng trail hnds cross R bhnd, rcvr R to BTFY, sd R/clo L, sd R; **(Woman pvtng ½ lft fc on R undr lead hnds cross L in frnt, pvtng ½ rt fc rcvr R to BTFY, sd L/clo R, sd L;)** **(Shldr To Shldr – Twice)** Staying in BTFY/WALL cross L in frnt **(Woman cross R bhnd)**, rcvr R, sd L/clo R, sd L; **(Spt Trn)** Rlsng hnds trng ½ lft fc thru R, pvt ½ lft fc rcvr L to BTFY/WALL, sd R/clo L, sd R;

17 – 18 **HND TO HND – TWICE;;**
(Hnd To Hnd - Twice) Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L/clo R, sd L; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc rcvr L to BTFY, sd R/clo L, sd R;

REPEAT PART "A" (1 – 8*)

PART B

1 – 5 **FNCLINE – OPN & CHA; RK FWD/RCVR & BK TRIPLE CHA'S;,, RK BK/RCVR & FWD TRIPLE CHA'S;,,**
(Fncline – Opn & Cha) Cross L in frnt, rlsng lead hnds & trng ¼ lft fc rcvr R to OPN/LOD, fwd L/clo R, fwd L; **(Rk Fwd/Rcvr & Bk Triple Cha's)** Fwd R, rcvr L, bk R/clo L, bk R; bk L/clo R, bk L, bk R/clo L, bk R; **(Rk Bk/Rcvr & Fwd Triple Cha's)** Bk L, rcvr R, fwd L/clo R, fwd L; fwd R/clo L, fwd R, clo L/fwd R, clo L;

6 – 10 **SPT TRN; OPN BRK; UNDRARM TRN; HND TO HND – TWICE;;**
(Spt Trn) Rlsng trail hnds & trng ¼ lft fc sd R, trng ½ lft fc rcvr L to BTFY/WALL, sd R/clo L, sd R; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd R; **(Undrarm Trn)** Rlsng trail hnds cross R bhnd, rcvr R to BTFY, sd R/clo L, sd R; **(Woman pvtng ½ lft fc on R undr lead hnds cross L in frnt, pvtng ½ rt fc rcvr R to BTFY, sd L/clo R, sd L;)** **(Hnd To Hnd - Twice)** Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L/clo R, sd L; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc rcvr L to BTFY, sd R/clo L, sd R;

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PART C

1 – 4

BRK BK – OPN & CHA; SWIV -2 & CHA; SLIDING DOOR; CIR AWY -2 & CHA;**(Brk Bk – Opn & Cha)** Rlsng lead hnds & trng ¼ lft fc cross R bhnd, rcvr L to OPN LOD, fwd L/clo R, fwd L;**(Swiv -2 & Cha)** With swiv action fwd R, fwd L, fwd R/clo L, fwd R; **(Sliding Door)** Sd L, rcvr R, bhnd Woman cross L in frnt/sd R, cross L in frnt to LOPN/LOD; **(Cir Awy -2 & Cha)** Rlsng hnds & trng rt fc fwd R, fwd L, fwd R/clo L, fwd R;

5 – 10

BK TOG -2 & CHA – BTFY CTR; RT CUCARACHA; FNCLINE – TWICE;; OPN BRK; WHIP – WALL;**(Bk Tog -2 & Cha – Btfy Ctr)** Fwd L, fwd R, fwd L/clo R, fwd L to BTFY/COH; **(Rt Cucaracha)** Sd R, rcvr L, in plc R/L,R; **(Fncline – Twice)** Staying in BTFY/COH thru-lunge L, rcvr R, sd L/clo R, sd L; thru-lunge R, rcvr L, sd R/clo L, sd R; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L;**(Whip – Wall)** Cross lead hnds ovr trail hnds trng ¼ lft fc bk R, trng ¼ lft fc fwd L to BTFY/WALL, sd R/clo L, sd R; **(Woman crossing in frnt of Man fwd L, trng ½ lft fc bk R to fc Man, sd L/clo R, sd L:)**

11 – 12

HND TO HND – TWICE;;;**(Hnd To Hnd - Twice)** Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcvr R to BTFY, sd L/clo R, sd L; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc rcvr L to BTFY, sd R/clo L, sd R;

PART B (MOD)

1 – 5

FNCLINE TO OPN & CHA; RK FWD/RCVR & BK TRIPLE CHA'S;,,, **RK BK/RCVR & FWD TRIPLE CHA'S;,,,****(Fncline – Opn & Cha)** Cross L in frnt, rlsng lead hnds & trng ¼ lft fc rcvr R to OPN/LOD, fwd L/clo R, fwd L;**(Rk Fwd/Rcvr & Bk Triple Cha's)** Fwd R, rcvr L, bk R/clo L, bk R; bk L/clo R, bk L, bk R/clo L, bk R;**(Rk Bk/Rcvr & Fwd Triple Cha's)** Bk L, rcvr R, fwd L/clo R, fwd L; fwd R/clo L, fwd R, clo L/fwd R, clo L;

6 – 9

SPT TRN; OPN BRK; UNDRARM TRN; N-YRKR IN -4;**(Spt Trn)** Rlsng trail hnds & trng ¼ lft fc sd R, trng ½ lft fc rcvr L to BTFY/WALL, sd R/clo L, sd R; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L; **(Undrarm Trn)** Rlsng trail hnds cross R bhnd, rcvr R to BTFY, sd R/clo L, sd R; **(Woman pvtng ½ lft fc on R undr lead hnds cross L in frnt, pvtng ½ rt fc rcvr R to BTFY, sd L/clo R, sd L;)** **(N-yrkr in -4)** Rlsng trail hnds & trng ¼ rt fc cross L in frnt, rcv R to BTFY, sd L, clo R;

REPEAT PART "C"

END

1 – 4

BASIC;; OPN BRK; RUMBA AIDA & HOLD;**(Basic)** Fwd L, rcvr R, diag bk L/clo R, sd L; bk R, rcvr L, diag fwd R/clo L, fwd R; **(Opn Brk)** Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L; **(Rumba Aida & Hold)** Cross trail hnds ovr lead hnds trng ¼ lft fc thru R, rlsng trail hnds & trng 5/8 rt fc bk L to "V" bk to bk position, bk R to fc RLOD & hold-;