

Dance keeps me alive

12 counts intro, 48 count, 4 Wall, intermediate, 136 BPM

Choreographed by: Jane & Matz Nilsson (Sweden), April 2014

Choreographed to: Keeps me alive by Jay Smith, CD King of man, available on Itunes

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, ¼ turn right x 2, basic forward

1-3 Cross right over left, make ¼ turn right stepping left back, make ¼ 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 ¼, ½, ½

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

4-6 ¼ turn left stepping forward left, ½ turn left stepping back right, ½ 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 ¼, ½, ½ right, ¼ step turn right, step forward

1-3 ¼ turn right stepping forward on right, ½ turn right stepping back on left, ½ turn right stepping forward on right

4-6 Step left forward, ¼ 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