

STAYIN' ALIVE

Choreographer: Eve Griffin

40 Count, 4-wall Disco Beginner Line Dance

Suggested Music: Stayin' Alive by Scooter Lee or Bee Gee's or N'Sync

Step description prepared and distributed by

Rose Haven, Inquiries at 404-379-1213 or Rose@AtlantaLineDance.com

Walk Steps, Touch, Clap

- 1-4 Walk back: R foot (1), L foot (2), R foot (3), Touch L toe to side and clap(4)
5-8 Turning to face front wall, Walk forward: L foot (5), R foot (6), L foot (7), Touch R toe to side and clap (8).

Vines or Turns, Touch, Clap

- 1-4 Moving to the right, starting at facing the front wall, make a complete 360 degree turn on three steps:
Step on right foot ¼ turn to right (1),
Step onto L foot while turning another ¼ turn to right (2),
Step on R foot as completing ½ turn (3),
Turn another ¼ to right on ball of R foot as L toe touches side and Clap (4)
Note: Low impact variation of above four counts is to Vine to the right: Step R foot to right side (1)
Step L foot behind R (2), Step R foot to right side (3) Do count (4) above
5-8 Repeat above sequence turning to the left, beginning with ¼ turn left on L foot.
Note: Low impact variation of counts 5-8 is to Vine to the left.

Kick Ball Changes, Twist Steps

- 1&2 Kick R foot forward (1), Rock back on ball of R foot (&), Step L foot in place (3).
3&4 Repeat 1&2 above
Note: Low impact variation of a kick ball change is: Kick R foot forward (1), Touch R toe next to L foot (2).
5-8 Walk forward: R foot (5), L foot (6), R foot (7), L foot (8). For “styling” make this a “twisty” walk, by pivoting slightly to right as you step on the R foot, and to the left as you step on the L foot.

Apple Picking Step

- 1 Twist on balls of both feet 1/8 turn to the right of center, extending the right arm with index finger pointed upward at a slight angle to the right and looking upward.
2 Twist on balls of both feet 1/8 turn to the left of center, as the right arm points down across the front of your body and looking downward. (Think John Travolta in Saturday Night Fever)
3-8 Repeat 1,2 above for counts (3,4) (5,6) (7,8).

Arm Rolls, Heel Splits, Tap Steps, Turn Hitch

- 1&2 Making a fist with your hands, roll fists outward around each other as you bump your hips right twice (you can roll to one side on counts 1&2, and to the other side on the 3&4)
3&4 Making a fist with your hands, roll fists outward around each other as you bump your hips left twice (you can also click heels twice, if you'd like)
5,6,7,8 Tap R heel forward (5), Tap R toe back (6), Tap R heel forward (7), Pivoting ¼ turn left on your L foot. Weight to left foot as R hitches (8).

Start dance again from the beginning.