

## Alive And Free

64 count, 4 wall, intermediate level

Choreographer: Ronnie James (UK) Feb 2006  
Choreographed to: Who Wouldn't Wanna Be Me by  
Keith Urban

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Intro: 64counts. Start on Vocals

**Section 1 Side, Together, Right Chasse, Rock back, Recover, Left Chasse.**

1 - 2 Step Right to side, Step Left next to Right,  
3 & 4 Chasse Right on R,L,R.  
5 - 6 Rock back on Left, Recover on Right,  
7 & 8 Chasse Left on L,R,L.

**Section 2 Cross, Side, Behind, Rock, Recover, Cross, Right Chasse.**

9 - 12 Cross Right over Left, Step Left to side, Cross Right behind Left, Rock Left on Left  
13 - 14 Recover on Right, Cross Left over Right,  
15 & 16 Chasse Right on R,L,R.

**Section 3 Rock back, Recover, Step Fwd, ½ Turn, Left Chasse, Rock back, Recover**

17 - 20 Rock back on Left, Recover on Right, Step Fwd on Left, ½ Turn Right on to Right.  
21 & 22 Chasse Left on L,R,L.,  
23 - 24 Rock back on Right, Recover on Left.

**Section 4 Monterey ½ Turn, Right Chasse, Rock back, Recover**

25 - 26 Touch Right to Side, On ball of Left make ½ Turn Right,  
27 - 28 Touch Left to Left side, Step Left next to Right  
29 & 30 Chasse Right on R,L,R.,  
31 - 32 Rock back on Left, Recover on Right.

**Section 5 Shuffle Fwd, Step Fwd, ½ Turn, Shuffle Fwd, Step Fwd, ½ Turn**

33 & 34 Shuffle Fwd on L,R,L.,  
35 - 36 Step Fwd on Right, ½ Turn Left on to Left  
37 & 38 Shuffle Fwd on R,L,R.  
39 - 40 Step Fwd on Left, ½ Turn Right on to Right

**Section 6 Skate Fwd x 2, Shuffle Fwd, Rock fwd, Recover, ¾ Turn.**

41 - 42 Skate Fwd on Left and Right  
43 & 44 Shuffle Fwd on L,R,L.  
45 - 46 Rock Fwd on Right, Recover on Left  
47 & 48 ¾ Turn Right on R,L,R.

**Section 7 Rock Fwd, Recover, Coaster Step, Rock Fwd, Recover, Shuffle ½ Turn.**

49 - 50 Rock Fwd on Left, Recover on Right.  
51 & 52 Step back on Left, Step Right next to Left, Step Fwd on Left.  
53 - 54 Rock Fwd on Right, Recover on Left.  
55 & 56 Shuffle ½ Turn Right on R,L,R.

**Section 8 Turn, Turn, Shuffle Fwd, Rocking Chair.**

57 - 58 ½ Turn Right stepping back on Left, ½ Turn Right stepping Fwd on Right.  
59 & 60 Shuffle Fwd on L,R,L.  
61 - 64 Rock Fwd on Right, Recover on Left, Rock back on Right, Recover on Left.