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# Swayin' Alive

76 Count 4 Wall Intermediate Level Dance. Choreographed by: Aurora De Jong (NL) Aug 2023 Choreographed to: Stayin' Alive by Postmodern Jukebox Intro: 8 Counts. Start at approx 4 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

### SEC 1 WALK, WALK, SIDE ROCK, STEP, CHARLESTON

- 1-2 Step R forward, step L forward
- 3&4 Rock R to right, recover to L, step R forward
- 5-6 Kick L forward, step L back
- 7-8 Touch or kick R back, step R forward

#### SEC 2 WALK, WALK, SIDE ROCK, STEP, KICK X2, ¼ SAILOR

- 1-2 Step L forward, step R forward
- 3&4 Rock L to left, recover to R, step L forward
- 5-6 Kick or touch R forward, Kick or touch R to right
- 7&8 1/4 right sailor step R back turning 1/4 right, step L to R, step R forward
- Restart Here on Wall 4, Dance the Tag then Restart

#### SEC 3 CROSS, SIDE, CROSS, SIDE, SWAY, SWAY, ¼ SIDE ROCK-RECOVER-STEP FORWARD

- 1-2 Step L across R slightly bending knees for styling, step R to right, straightening knees
- 3-4 Step L across R slightly bending knees for styling, step R to right, straightening knees
- Styling Shoulder shimmies
- 5-6 Sway left, sway right
- 7&8 Rock L to left, turning ¼ right to (6:00), recover to R, step L forward

### SEC 4 <sup>1</sup>/<sub>4</sub> CROSS, SIDE, CROSS, SIDE, CROSS MAMBO, WEAVE

- 1 Step R across L slightly bending knees for styling turning <sup>1</sup>/<sub>4</sub> right to (9:00)
- 2 Step L to left straightening knees (9:00)
- 3-4 Step R across L slightly bending knees for styling, step L to left, straightening knees
- Styling Shoulder shimmies
- 5&6 Rock R across L, recover to L, step R back
- 7&8 Step L behind R, step R, cross L over R

### SEC 5 OUT-OUT-IN-IN, HEEL SWITCHES, SIDE MAMBO, SIDE MAMBO

- 1&2& Step R to right, step L to left, step R back to home, step L back to home
- 3&4& Extend R heel forward, step R back to L, extend L heel forward, step L back to R
- 5&6 Rock R to right, recover to L, touch R to L keeping bulk of weight on L
- Arms Point R arm down to left, bring arm to hip height, point R arm up to right
- 7&8 Rock R to right, recover to L, step R beside left
- Arms Point R arm down to left, bring arm to hip height, point R arm up to right

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## SEC 6 OUT-OUT-IN-IN, HEEL SWITCHES, SIDE MAMBO, SIDE MAMBO

- 1&2& Step L to left, step R to right, step L back to home, step R back to home
- 3&4& Extend L heel forward, step L back to R, extend R heel forward, step R back to L
- 5&6 Rock L to left, recover to R, touch L to R keeping bulk of weight on R
- Arms Point L arm down to right, bring arm to hip height, point L arm up to left
- 5&6 Rock L to left, recover to R, step L beside right
- Arms Point L arm down to right, bring arm to hip height, point L arm up to left

### SEC 7 PADDLE X3, SIDE, CROSS MAMBO BACK, CROSS MAMBO BACK

- 1-2 Push R to right turning 1/2 left, push R to right turning 1/2 left
- 3-4 Push R to right turning 1/8 left, step R to right turning 1/8 left (9:00)
- Arms Classic jazz hands at shoulder height
- 5&6 Rock L behind R, recover to R, step L next to R
- Arms Point both jazz hands down and right, bring hands shoulder height
- 7&8 Rock R behind L, recover to L, step R next to L
- Arms Point both jazz hands down and left, bring hands shoulder height(8

# SEC 8 PADDLE X3, SIDE, CROSS MAMBO BACK, BOUNCE X2

- 1-2 Push L to left turning 1/8 right, push L to left turning 1/8 right
- 3-4 Push L to left turning 1/s right, step L to to left turning 1/s left (3:00)
- Arms Classic jazz hands
- 5&6 Rock R behind L, recover to L, step R to L
- 7-8 Bounce R heel, bounce R heel
- Arms Raise arms out to the sides and overhead

### SEC 9 BOUNCE X4, SWAY X4

- 1-2 Step L slightly forward, bounce L heel
- 3-4 Bounce L heel, bounce L heel
- Arms Bring arms slowly back down
- Restart Here on Wall 3
- 5-6 Step R to right, swaying into R hip, sway L
- 7-8 Sway R, sway L
- Arms At your sides and palms facing down, swing your arms back and forth with your sways

### SEC 10 SYNCOPATED V STEP FLICK

- 1-2& Step R out and forward, step L out and forward, step R back and in
- 3-4 Step L back to R, flick R foot back, bending at the knee
- TagAfter 16 counts of Wall 4, dance the following then restart
  - WALK, WALK, SHUFFLE ¾ TURN
- 1-2 Step L forward, step R forward
- 3&4 Turn ¼ R Step L forward, turn ¼ R step R beside L, turn ¼ R step L forward



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