Keeping Me Alive

Count: 32 **Wall:** 2 **Level:** Intermediate / Advanced NC2S style

Choreographer: Rachael McEnaney (USA) - March 2020

Music: Jonathon Roy - Keeping Me Alive (3.38 mins). (iTunes and Spotify)

Count In: The Dance Starts Immediately on 'Down'...'You try to hold me DOWN'
Notes: A special thank you to my friend Peder Pedersen for suggesting this track.
There are 3 tags, walls 1, 3 and 5.

[1 - 8] L LUNGE, FULL TURN R, L HITCH, FWD L-R-L (ARM OPTIONS), BACK R-L, R BACK ROCK, R FWD, 1/2 PIVOT L

1	Step L to left side as you bend L knee into a slight lunge prepping body left [1] 12.00
2 & 3	Make 1/4 turn right stepping forward R [2]. Make 1/2 turn right stepping back L [&] Make 1/4 turn right stepping R to right side [3] 12.00
&	Make 1/8 turn right as you hitch L knee raising up on ball of R [&] (arm option: cross each arm over chest hands touching opposing shoulder) 1.30
4 &	Step L forward [4] (option: bring L hand to L shoulder). Step R forward [&] (option: bring R hand to R shoulder) 1.30
5	Rock L forward [5] (option: take arms away from shoulder taking R arm forward and L slightly back) 1.30
6 & 7 &	Recover weight R [6]. Step L back [&]. Rock R back [7]. Recover weight L [&] 1.30
8 &	Step R forward [8]. Pivot 1/2 turn left [&] 7.30

[9 - 17] R SIDE/BACK SWEEP L, LBEHIND-RSIDE-LCROSS, R CROSS, 1/4 R BACK L, R BACK, L HOOK, L FWD, 1/2 L BACK R, L BACK, FULL TURN FWD R

1	Make 3/8 turn left as you step R to right side and slightly back as you sweep L [1] 3.00
2 & 3	Cross L behind R [2]. Step R to right side [&]. Cross L over R as you sweep R [3] 3.00
4 & 5 &	Cross R over L [4]. Make 1/4 turn right stepping L back [&]. Step R back [5]. Hook L in front of R shin [&] 6.00
6 & 7	(&) Step L forward [6]. Make 1/2 turn left stepping R back [&]. Step L back [7]. Option: Hook R in front of L shin (&) 12.00
8 & 1	Step R forward [8]. Make 1/2 turn right stepping L back [&]. Make 1/2 turn right stepping R forward as you sweep L [1] 12.00

TAG 2: 3rd wall begins facing 12.00, dance above 9 counts (without the final sweep)then:
Step L forward (slightly across R) [2]. Cross R over L [3]. Step L to left side [&]. Cross R behind L [4]. Hitch L knee (option to hop slightly on R) [&]. 12.00

[18 - 24] L CROSS, R SIDE, L BEHIND, R POINT, R CROSS, L POINT, 1/4 L, R CROSS, L SIDE, R BEHIND, L POINT, 1/8 R FWD L, R CLOSE

2 & 3 &	Cross L over R [2]. Step R to right side [&]. Cross L behind R [3]. Point R to right side [&] 12.00
4 & 5	Cross R over L [4]. Point L to left side [&]. Make 1/4 turn L stepping forward L as you sweep R [5] 9.00
6 & 7 &	Cross R over L [6]. Step L to left side [&]. Cross R behind L [7]. Point L to left side [&] 9.00
8 &	Make 1/8 turn right stepping L forward [8]. Step R next to L [&] 10.30

[25 - 32] L FWD 1/2 TURN L, R LOCK STEP WITH 1/8 R, L CROSS ROCK, L SIDE ROCK, L BACK, R SIDE ROCK, R BACK, FULL TURN L

1	Step L forward as you hitch R knee making 1/2 turn left [1] 4.30
2 & 3	Step R forward [2]. Step L next to R (or lock slightly behind) [&]. Step R forward as you hitch L knee making 1/8 turn right [3] 6.00
4 &	Cross rock L over R [4]. Recover weight R [&] 6.00
5 & 6	Rock L to left side [5]. Recover weight R [&]. Step L back and slightly behind R[6]. 6.00
& 7 &	Rock R to right side [&] recover weight L [7]. Step R back and slightly behind L [&] 6.00
8 &	Make 1/4 turn left stepping L forward [8]. Make 1/2 turn left stepping R next to L [&]. Make 1/4 turn left on ball of R to start dance again with the left lunge. 6.00

TAG 1: TAG 1 HAPPENS AT THE END OF THE 1ST WALL, FACING 6.00, REPEAT THE LAST 4 COUNTS OF THE DANCE, THEN START AGAIN.

1 - 4	Repeat counts 5 - 8& of section 25 - 32. 6.00

TAG 3: TAG 3 HAPPENS AT THE END OF THE 5TH WALL. YOU WILL BE FACING 12.00 - DO THE 2 COUNTS BELOW THEN START AGAIN.

1 - 2	Step L to left side swaying upper body left [1]. Transfer weight R as you sway upper body right [2] 12.00

START AGAIN ☺ HAVE FUN

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