

Keep Me Alive

Count: 64 Wall: 4 Level: Intermediate / Advanced

Choreographer: Kirsten Matthiessen – June 2014

Music: 'Windy' by Scarlet Pleasure

Intro:32 counts (16 counts from heavy beat)

Note:Restart on 3rd wall:

Restart after 16 counts, changing the Mambo Step (7&8) to a Rocking Chair (7&8&)

[1-8]Walk walk, step turn ¼ L, weave, side, step lock step

- 1-2 Step R fw, step L fw12:00
- 3& Step R fw, turn ¼ L stepping onto L09:00
- 4&5 Cross R over L, step L to L side, cross R behind L09:00
- 6-7&8 Step L to L side, step R fw, lock L behind R, step R fw09:00

[9-16]Step turn, full turn R sweep, step, step lock step, mambo fw

- 1-2 Step L fw, turn ½ R stepping onto R03:00
- 3-4 Turn ½ R stepping L back sweeping R another ½ R, step R fw03:00
- 5&6 Step L fw, lock R behind L, step L fw03:00
- 7&8 Rock R fw, recover onto L, step R slightly back03:00

[17-24]Back x2, behind side cross, scissor step, ¼ R shuffle back

- 1-2 Step L back grinding R heel, step R back grinding L heel03:00
- 3&4 Cross L behind R, step R to R side, cross L over R03:00
- &5-6 Step R to R side, step L next to R, cross R over L03:00
- 7&8 Turn ¼ R stepping L back, step R next to L, step L back06:00

[25-32]Rock back, kick ball step, mambo ½ R, ½ R, ¼ R, cross

- 1-2 Rock R back, recover onto L06:00
- 3&4 Kick R fw, step R next to L, step L fw06:00
- 5-6-7 Rock R fw, recover onto L, turn ½ R stepping R fw12:00
- 8&1 Turn ½ R stepping L back, turn ¼ R stepping R to R side, cross L over R09:00

[33-40]Side rock cross x2, ¼ L, chasse

- 2&3 Rock R to R side, recover onto L, cross R over L09:00
- 4&5 Rock L to L side, recover onto R, cross L over R09:00
- 6-7&8 Turn ¼ L stepping R back, step L to L side, step R next to L, step L to L side 06:00

[41-48]Sailor step x2, behind, ¼ L, step turn step

- 1&2 Cross R behind L, step L slightly to L side, step R to R side (slightly fw)06:00
- 3&4 Cross L behind R, step R slightly to R side, step L to L side (slightly fw)06:00
- 5-6 Cross R behind L, turn ¼ L stepping L fw03:00
- 7&8 Step R fw, turn ½ L stepping onto L, step R fw09:00

[49-56]Step, kick ball touch, hip bump, ball rock sweep, sailor $\frac{3}{4}$ R

- 1-2&3 Step L fw, kick R fw, step R next to L, touch L fw09:00
&4 Bump hips up, bump hips back09:00
&5-6 Step L next to R, rock R fw, recover onto L sweeping R back09:00
7&8 Turn $\frac{1}{4}$ R stepping onto R , turn $\frac{1}{4}$ R stepping L to L side, turn $\frac{1}{4}$ R crossing R in front of L06:00

[57-64]Snake roll, behind side cross, side rock $\frac{1}{4}$ L, rocking chair

- 1-2 Point L to L side starting a side body roll, finish body roll ending with weight on L06:00
3&4 Cross R behind L, step L to L side, cross R over L06:00
5&6 Rock L to L side, turn $\frac{1}{4}$ L recovering onto R, step L next to R03:00
7&8& Rock R fw, recover onto L, rock R back, recover onto L03:00

Hope you enjoy

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