

Staying Alive

Choreographed by Doug and Jackie Miranda

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1 Wall Low Intermediate Phrased Line Dance, Part A: 84 counts Part B: 40 counts with a 4 count tag

The sheet only looks harder than it really is! There are a lot of repeat patterns with very basic steps! This is a fun, easy, showcase dance!

Music: Staying Alive by the Bee Gees

Pattern of dance : A, A, B (NO TAG), A, B (with tag) 4X (Note: Part B is always done to the words : “I’m going nowhere...”; very distinguishable in the music!)

Introduction: Make two fists and roll fists one above the other in a circular motion first to R side as you bump your hips to the R and then roll fists to L side as you bump hips to L; keep alternating from side to side until vocals begin

PART A

Set 1 : Walk Forward, Forward Heel Touch, Back Toe Touch, Forward Heel Touch, Back Toe Touch

1-4 Walk forward R, L, R, L

5-8 Touch R heel forward, touch R toe back, touch R heel forward, touch R toe back

Set 2 : Walk Back, Back Toe Touch, Knee Hitch, Back Toe Touch, Knee Hitch

1-4 Walk back R, L, R, L

5-8 Touch R toe back, hitch R knee forward, touch R toe back, hitch R knee forward

Set 3 : Vine R, Clap; Vine L, Clap

1-4 Vine R by stepping R to R side, step L behind R, step R to R side, point L to L side as you clap

5-8 Vine L by stepping L to L side, step R behind L, step L to L side, point R to R side as you clap

Set 4 : Vine R, Double Clap; Vine L, Double Clap

1,2,3 Vine R by stepping R to R side, step L behind R, step R to R side

&4 Point L to L side as you clap two times

5,6,7 Vine L by stepping L to L side, step R behind L, step L to L side

&8 Point R to R side as you clap two times

Set 5 : Walk Forward, Step R Out and Point Diagonally Upwards and Downwards (John Travolta style)

1-4 Walk forward R, L, R, L

5-6 Step R to R side as you point R arm and index finger up diagonally at about 1 0'clock, leaning onto R, bring R arm and index finger down and point at about 7 0'clock leaning onto L (left hand is on L hip; you can also look up as you point upwards and look down as you point downwards)

7-8 Repeat pointing R arm and index finger up diagonally at about 1 0'clock, leaning onto R, bring R arm and index finger down and point at about 7 0'clock leaning onto L (weight ending on L)

Set 6 : Walk Back, Step R Out and Point Diagonally Upwards and Downwards (John Travolta style)

1-4 Walk back R; L, R, L

5-6 Step R to R side as you point R arm and index finger up diagonally at about 1 0'clock, leaning onto R, bring R arm and index finger down and point at about 7 0'clock leaning onto L (left hand is on L hip; you can also look up as you point upwards and look down as you point downwards)

7-8 Repeat pointing R arm and index finger up diagonally at about 1 0'clock, leaning onto R, bring R arm and index finger down and point at about 7 0'clock leaning onto L (weight ending on L)

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Set 7 : Raise Arms Upwards R, Raise Arms Upwards L, Lower Arms R, Lower Arms L; Diagonal Points Both Arms

1-4 Raise both arms up above your head, palms facing upwards to R side, raise both arms above head to L, lower arms to R side hip level, palms facing downwards; switch arms to L side hip level, palms facing downwards

5-6 Point R arm and index finger up diagonally at about 1 0'clock and point L arm and index finger at about 7 0'clock, bring both arms inwards to center at about waist level

7-8 Repeat steps 5-6 above

Set 8 : Repeat Set 7 Above

Set 9 : Diagonal Points With Both Arms

1-2 Point L arm and index finger up diagonally at about 11 0'clock and point R arm and index finger at about 5 0'clock, bring both arms inwards to center at about waist level

3-4 Repeat steps 1-2 above

Set 10 : Full Turn Rolling Vine R With Clap, Full Turn Rolling Vine L With Clap

1-4 Make a full turn to the R by stepping R into 1/4 turn R, step L to L side making 1/4 turn R, step R into 1/2 turn R, point L to L side and clap

5-8 Make a full turn to the L by stepping L into 1/4 turn L, step R to R side making 1/4 turn L, step L into 1/2 turn L, point R to R side and clap

Set 11 : Rolling Fists R and L, 1/2 Turn L, 1/2 Turn L

1-2 Making fists with both hands, roll fists one above the other in a circular motion at R side as you bump hips to R (weight ending on R)

3-4 Roll fists one above the other in a circular motion at L side as you bump hips to L (weight ending on L)

5-8 Step R forward, pivot a 1/2 turn L, step forward on R, pivot a 1/2 turn L (weight ending on L)

PART B

Set 1 : Toe Struts Traveling Forward With Finger Snaps

1-2 As you angle body slightly to L, touch R toe forward and bring arms to about chest level, bring R heel down as you snap fingers on both hands

3-4 Cross L toe over R as you bring arms back and look back, snap fingers on both hands as you bring L heel down

5-8 Repeat steps 1-4 above

Set 2 : 1/2 Turn L, 1/4 Turn L, Side Rock, Recover, Cross; Side Rock, Recover, Cross

1-4 Step R forward, pivot a 1/2 turn L, step forward on R, pivot a 1/4 turn L (you will be facing the 3 0'clock side wall)

5&6 Rock R to R side, recover on L, cross R over L

7&8 Rock L to L side, recover on R, cross L over R

Set 3 : 1/2 Turn L, 1/4 Turn L

1-4 Step R forward, pivot a 1/2 turn L, step forward on R, pivot a 1/4 turn L (you will be facing the 6 0'clock back wall)

Set 4: Repeat Set 1 Above

Set 5: Repeat Set 2 Above (ending at the 9 0'clock side wall)

Set 6: Repeat Set 3 Above (ending at the 12 0'clock front wall)

TAG : To fit the phrasing of the music, there will be a 4 count tag done the last four times to Part B. It will NOT be done the first time you dance Part B but will be done every time at the end of Part B thereafter as follows :

1&2 : Kick R forward, step R next to L, point L to L side (weight still on R)

3&4 : Kick L forward, step L next to R, point R to R side (weight still on L)

Then go into Part B again. Remember, this looks harder than it is – you will hear it in the music once you have done the dance a few times! So just have fun and enjoy yourselves! Pattern : A, A, B (no tag); A, B with the tag all the way to the end of the song 😊