

I'M ALIVE

CHOREO: Corinne & Ed Renauld, 8 Pearl Brook Rd, W. Townsend, MA, USA, 01474-1108
(978) 597-3008; in_harmony@mindspring.com
RECORD: EPIC 34 79740/ZSS 79740 B or CD - A New Day Has Come; Track 1: I'm Alive; Artist: Celine
FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time 3:23 as recorded
RHYTHM: Cha/Foxtrot RAL Phase IV
SEQUENCE: **INTRO A B C D ENDING**

INTRO

1-6 **BK TO BK TRAIL FOOT HOOKED M FC COH TRAIL FT FREE, WAIT 3 MEAS;;; UNWIND
DIP, TWIST; LEG CRAWL, REC TO BFW;**
1-4 wait;;; unwind trn rf (w lf) transfer weight to trailing foot to cpw;
5 stp bk & sd l,-, trn upper body lf,-;
6 m hold (w lift l leg along m outer thigh)-, rec r to bfy wall,-;
7-12 **CUCA 2X;; CHS PEEK-A-BOO;;;;**
7-8 sd l, rec r, cl l/stp r, stp l; sd r, rec l, cl r/stp l, stp r;
9-10 fwd l trn rf 1/2, rec r, fwd l/cl r, fwd l(w bk r, rec l, fwd r/cl l, fwd r); sd r, rec l, stp r/stp
11-12 sd l, rec r, stp l/stp r, stp l; fwd r trn lf 1/2, rec l, fwd r/cl l, fwd r(w fwd l, bk r, bk l/cl r,

PART A

1-8 **BAS;; NY; SPT TRN TO LH STAR; UMBR TRN TO BFW;;;;**
1-2 fwd l, rec r, sd l/cl r, sd l; bk r, rec l, sd r/cl l, sd r;
3-4 thru l, rec r, sd l/cl r, sd l; xrifl trn lf 3/4 (w rf 1 1/4), rec l, fwd r/cl l, fwd r to lh star;
5 fwd l, rec r, bk l/cl r, bk l (w bk r, rec l fwd r trng 1/2 lf/cl l, bk r);
6 bk r rec l, fwd r/cl l, fwd r (w bk l, rec r, fwd l trng 1/2 rf/cl r, bk l);
7 fwd l, rec r, bk l/cl r, bk l (w bk r, rec l fwd r trng 1/2 lf/cl l, bk r);
8 bk r rec l, fwd r/cl l, fwd r (w bk l, rec r, fwd l trng 1/2 rf/cl r, bk l) to bfyw;
9-14 **BAS;; NY; SPT TRN; BRK TO OP, TRPL CHA FWD;;;**
9-10 fwd l, rec r, sd l/cl r, sd l; bk r, rec l, sd r/cl l, sd r;
11-12 thru l, rec r, sd l/cl r, sd l; xrifl trn lf, rec l to fc, sd r/cl l, sd r;
13-14 bk l trn lf to oplod, rec r, fwd l/cl r, fwd l; fwd r/cl l, fwd r, fwd l/cl r, fwd l;
15-18 **RK, REC, TRPL CHA BK;; RK, REC TO FC; FNC LINE;**
15-16 fwd r, rec l, bk r/cl l, bk r; bk l/cl r, bk l, bk r/cl l, bk r;
17-18 bk l, rec r trn 1/4 rf to bfyw, sd l/cl r, sd l; xrifl lun, rec l, sd r/cl l, sd r;
19-26 **BAS;; NY; SPT TRN TO LH STAR; UMBR TRN TO BFW;;;;**
19-20 fwd l, rec r, sd l/cl r, sd l; bk r, rec l, sd r/cl l, sd r;
21-22 thru l, rec r, sd l/cl r, sd l; xrifl trn lf 3/4 (w rf 1 1/4), rec l, fwd r/cl l, fwd r to lh star;
23 fwd l, rec r, bk l/cl r, bk l (w bk r, rec l fwd r trng 1/2 lf/cl l, bk r);
24 bk r rec l, fwd r/cl l, fwd r (w bk l, rec r, fwd l trng 1/2 rf/cl r, bk l);
25 fwd l, rec r, bk l/cl r, bk l (w bk r, rec l fwd r trng 1/2 lf/cl l, bk r);
26 bk r rec l, fwd r/cl l, fwd r (w bk l, rec r, fwd l trng 1/2 rf/cl r, bk l) to bfyw;

PART B

1-6 **1/2 BAS; WHP; FNC LINE 2X;; ALEMANA;;;**
1-2 fwd l, rec r, sd l/cl r, sd l; bk r trn lf 1/2, rec l, sd r/cl l, sd r (w fwd l, fwd r trn 1/2 lf, sd
3-4 xlifr lun, rec r, sd l/cl r, sd l; xrifl lun, rec l, sd r/cl l, sd r;
5 fwd l, rec r, sd l/cl r, sd l;
6 bk r, rec l, sd r/cl l, sd r (w fwd l trn rf under ld hnds, fwd r trn to fc, sd l/cl r, sd l);
7-10 **1/2 BAS; WHP; FNC LINE 2X;;;**
7-8 fwd l, rec r, sd l/cl r, sd l; bk r trn lf 1/2, rec l, sd r/cl l, sd r (w fwd l, fwd r trn 1/2 lf, sd
9-10 xlifr lun, rec r, sd l/cl r, sd l; xrifl lun, rec l, sd r/cl l, sd r;
11-18 **BAS;; NY; SPT TRN; CRB WLKS;; SHLDR-SHLDR 2X;;;**
11-12 fwd l, rec r, sd l/cl r, sd l; bk r, rec l, sd r/cl l, sd r;
13-14 thru l, rec r, sd l/cl r, sd l; xrifl trn, rec l to fc, sd r/cl l, sd r;
15-16 xlifr, sd r, xlifr/sd r, xlifr; sd r, xlifr, sd r/cl l, sd r;
17-18 xlifr(w xribrl), rec r, sd l/cl r, sd l; xrifl (w xlibr), rec l, sd r/cl l, sd r;
19-22 **1/2 BAS; FAN; ALEMANA TO CPW;;;**
19-20 fwd l, rec r, sd l/cl r, sd l; bk r, rec l, sd r/cl l, sd r; (w fwd l, sd&bk r trn 1/4 lf, l
21 fwd l, rec r, sd l/cl r, sd l(w cl r, fwd l, fwd r/fwd l, fwd r trn rf to fc part);
22 bk r, rec l, sd r/cl l, sd r (w fwd l trn rf under lead hands, fw r trn to fc, sd l/cl r, sd l);

I'M ALIVE PAGE 2 OF 2

PART C (FOXTROT)

1-4 **WSK; MANU; SPN TRN; BOX FIN;**

- 1-2 fwd l,-, fwd&sd rise r, xlibr; fwd r trn rf 1/2,-, sd l, cl r (w fwd l,-, sd r, cl l);
3 bk l pvt rf 1/2,-, fwd&rise r, sd&bk l(fwd r pvt rf 1/2,-, bk&rise l, brush fwd r);
4 bk r trn to dlc,-, sd l, cl r;

5-9 **DIAM TRN 3/4;;; BK 1/2 BOX to LOW BFY; HIP ROCK 4;**

- 1-3 fwd l,-, sd r, bk l; bk r,-, sd l, fwd r; fwd l,-, sd r, bk l;
4 bk r,-, sd l, cl r to low bfy; rk sd l, rk sd r, rk sd l, rk sd r;

PART D

1-6 **BAS;; NY; SPT TRN TO LH STAR; UMBR TRN 1/2 TO BFYW;;**

- 1-2 fwd l, rec r, sd l/cl r, sd l; bk r, rec l, sd r/cl l, sd r;
3-4 thru l, rec r, sd l/cl r, sd l; xrifl trn lf 3/4 (w rf 1 1/4), rec l, fwd r/cl l, fwd r to lh star;
5 fwd l, rec r, bk l/cl r, bk l (w bk r, rec l fwd r trng 1/2 lf/cl l, bk r);
6 bk r rec l, fwd r/cl l, fwd r (w bk l, rec r, fwd l trng 1/2 rf/cl r, bk l) to bfyw;

7-14 **BAS;; NY; SPT TRN TO LH STAR; UMBR TRN TO BFYW;;;**

- 7-8 fwd l, rec r, sd l/cl r, sd l; bk r, rec l, sd r/cl l, sd r;
9-10 thru l, rec r, sd l/cl r, sd l; xrifl trn lf 3/4 (w rf 1 1/4), rec l, fwd r/cl l, fwd r to lh star;
11 fwd l, rec r, bk l/cl r, bk l (w bk r, rec l fwd r trng 1/2 lf/cl l, bk r);
12 bk r rec l, fwd r/cl l, fwd r (w bk l, rec r, fwd l trng 1/2 rf/cl r, bk l);
13 fwd l, rec r, bk l/cl r, bk l (w bk r, rec l fwd r trng 1/2 lf/cl l, bk r);
14 bk r rec l, fwd r/cl l, fwd r (w bk l, rec r, fwd l trng 1/2 rf/cl r, bk l) to bfyw;

ENDING

1-4 **ALEMANA TO CPW;; DIP, TWIST; LEG CRAWL, HOLD;**

- 1 fwd l, rec r, sd l/cl r, sd l;
2 bk r, rec l, sd r/cl l, sd r (w fwd l trn rf under ld hnds, fwd r trn to fc, sd l/cl r, sd l) to cpw;
3 stp bk & sd l,-, trn upper body lf,-;
4 m hold (w lift l leg along m outer thigh),-,-,-;