

ALIVE AND KICKIN'

Choreographers: Doris & Ted Palmen, 3710 – 200th Ave., Bristol, WI 53104 (262)857-2513

Record: RCA 62061-7 "Alive And Kickin'" (Flip Side of Hold On Partner)

Footwork: Opposite, except as noted

Released Date 8/9/14

Rhythm: Two-Step Phase: II +1(Fishtail)

Speed: 44

Sequence: INTRO AB AB AB B ENDING

INTRODUCTION

- 1----4 (ABOUT 4-6 FT APT)WAIT; WAIT; STRUT TOGETHER 4 TO BUTTERFLY;;
1-2 About 4-6 ft apt wait 2 meas;;
3-4 Strut tog L,-,R,-; L,- R to BFLY/WALL;

PART A

- 1----4 FACE TO FACE; BACK TO BACK; SLOW OPEN VINE 4;; (CP/WALL)
1-2 Sd L, cl R, sd L trng 1/2 LF (W RF),-; Cont trn sd R, cl L, sd R trng RF,-;
3-4 Sd L, XRib of L,-; Sd L, XRif of L,-; Fwd L,-, R to CP/WALL,-;
- 5----8 SCIS SDCAR; SCIS BJO, CHK; FISHTAIL; WALK & FACE (BFLY);
5-6 Sd L, cl R, XLif (W XRib),-; Sd R, cl L,XRif(W XLib),-;
7-8 Beh L, sd R, fwd L, lk R; Fwd , fwd R to BFLY/WALL,-;
- 9----12 FACE TO FACE; BACK TO BACK; SLOW OPEN VINE 4;; (CP/WALL)
9-10 Sd L, cl R, sd L trng 1/2 LF(W RF),-; Cont trn sd R, cl L, sd R trng RF,-;
11-12 Sd L, XRib of L,-; Sd L,XRif of L,-;Fwd L,-,R to CP/WALL,-;
- 13----16 SCIS SDCAR; SCIS BJO CHK; FISHTAIL; WALK TWO to OPEN;
13-14 Sd L, cl R, XLif (W XRib),-; Sd R, cl L,XRif(W XLib),-;
15-16 Beh L, sd R, fwd L, lk R; Fwd , fwd R to OP/LOD,-;

PART B

- 1----4 CIRCLE CHASE IN ;; CHASE THE LADY OUT;; (CP/WALL)
1-2 Rel hnds both circ LF 2 two-steps twd COH with W chasing M L,R,L,-;
R,L,R ending 2nd two-step with Reversed pos (M chasing W),-;
3-4 Cont LF circv with 2 more two-steps;; twd WALL (W IF of M) L,R,L,-; R,L,R
(W trng on 2nd two-step to fc M) ending in CP pos M fcg WALL,-;
- 5----8 BROKEN BOX;;;(BFLY)
5-6 Sd L, cl L, fwd R,-; Rk fwd on R, rec L,-;
7-8 Sd R, cl R, bk L,-; Rk bk on L, rec R to BFLY,-; (Last time to SCP/LOD)

ENDING

- 1----4 TWO FORWARD 2 STEPS;;; TWO SIDE CLOSES; APART POINT;
1-2 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-;
3-4 Sd L, cl R, Sd L, cl R,-; Apt L,-,pt R,-;