



KEEPING ME ALIVE

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MARCH 2020

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- Description:** 2 walls, 32 counts, Intermediate/Advanced level, nightclub 2 step style.
- Music:** Keeping Me Alive - Jonathon Roy (3.38 mins). [Itunes Link](#). [Spotify Link](#)
- Count In:** La danse commence presque immédiatement sur le mot '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.
- Videos:** DEMO (free): www.vimeo.com/learnlinedance/KeepingMeAliveDemo
TEACH: www.vimeo.com/learnlinedance/KeepingMeAlive
QUICK WALK THROUGH (free): <https://youtu.be/jO8bURwM4rQ>

Section	Footwork	End Facing
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]. <i>Option: Hook R in front of L shin (&)</i>	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 [&]. <i>Make 1/4 turn left on ball of R to start dance again with the left lunge.</i>	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