



Keep Me Alive

Choreographer: Kirsten Matthiessen – kirsten.matthiessen@gmail.com
Type of Dance: 64 counts, 4 walls Intermediate/Advanced Line Dance
Choreographed to: 'Windy' by Scarlet Pleasure
Intro: 32 counts (16 counts from heavy beat)
Restart: Restart on 3rd wall:
Restart after 16 counts, changing the Mambo Step (7&8) to a Rocking Chair (7&8&)

Counts:	Footwork:	End Facing:
1-8	Walk walk, step turn ¼ L, weave, side, step lock step	
1-2	Step R fw, step L fw	12:00
3&	Step R fw, turn ¼ L stepping onto L	09:00
4&5	Cross R over L, step L to L side, cross R behind L	09:00
6-7&8	Step L to L side, step R fw, lock L behind R, step R fw	09:00
9-16	Step turn, full turn R sweep, step, step lock step, mambo fw	
1-2	Step L fw, turn ½ R stepping onto R	03:00
3-4	Turn ½ R stepping L back sweeping R another ½ R, step R fw	03:00
5&6	Step L fw, lock R behind L, step L fw	03:00
7&8	Rock R fw, recover onto L, step R slightly back	03:00
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 heel	03:00
3&4	Cross L behind R, step R to R side, cross L over R	03:00
&5-6	Step R to R side, step L next to R, cross R over L	03:00
7&8	Turn ¼ R stepping L back, step R next to L, step L back	06:00
25-32	Rock back, kick ball step, mambo ½ R, ½ R, ¼ R, cross	
1-2	Rock R back, recover onto L	06:00
3&4	Kick R fw, step R next to L, step L fw	06:00
5-6-7	Rock R fw, recover onto L, turn ½ R stepping R fw	12:00
8&1	Turn ½ R stepping L back, turn ¼ R stepping R to R side, cross L over R	09:00
33-40	Side rock cross x2, ¼ L, chasse	
2&3	Rock R to R side, recover onto L, cross R over L	09:00
4&5	Rock L to L side, recover onto R, cross L over R	09:00
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 (<i>slightly fw</i>)	06:00
3&4	Cross L behind R, step R slightly to R side, step L to L side (<i>slightly fw</i>)	06:00
5-6	Cross R behind L, turn ¼ L stepping L fw	03:00
7&8	Step R fw, turn ½ L stepping onto L, step R fw	09:00
49-56	Step, kick ball touch, hip bump, ball rock sweep, sailor ¾ R	
1-2&3	Step L fw, kick R fw, step R next to L, touch L fw	09:00
&4	Bump hips up, bump hips back	09:00
&5-6	Step L next to R, rock R fw, recover onto L sweeping R back	09:00
7&8	Turn ¼ R stepping onto R, turn ¼ R stepping L to L side, turn ¼ R crossing R in front of L	06:00
57-64	Snake roll, behind side cross, side rock ¼ L, rocking chair	
1-2	Point L to L side starting a side body roll, finish body roll ending with weight on L	06:00
3&4	Cross R behind L, step L to L side, cross R over L	06:00
5&6	Rock L to L side, turn ¼ L recovering onto R, step L next to R	09:00
7&8&	Rock R fw, recover onto L, rock R back, recover onto L	09:00

Hope you enjoy ☺