The Club Is Alive (活力夜店) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Shaz Walton (UK) - 2010年07月
Music: The Club Is Alive - JLS

第一段 Side touch. Side. Touch. Slow coaster. Forward.
右踏 併點, 左踏 併點, 慢海岸步, 踏

1-2 Step right to right. Touch left beside right.
右足右踏, 左足併點

3-4 Step left to left. Touch right beside left.
左足左踏, 右足併點

5-6 Step back right. Step back left.
右足後踏, 左足後踏

7-8 Step forward right. Step forward left.
右足前踏, 左足前踏

第二段 Forward. Touch. Back. ½. Forward. Touch. Back. Back.
前踏, 後點, 左後, 1/2, 前踏, 後點, 後走, 後走

1-2 Step forward on right. Touch left behind right.
右足前踏, 左足於右足後點

3-4 Step back on left. Make ½ right stepping right forward.
左足後踏, 右轉180度右足前踏

5-6 Step forward left. Touch right behind.
左足前踏, 右足後點

7-8 Walk back on right. Walk back left.
右足後走, 左足後走

第三段 ¼. Hold. Ball. Cross. Side. Bump x3. ¼ sit.
1/4, 候, 併, 交叉, 側, 推臀三次, 1/4 坐姿

1-2 Make a sharp ¼ right stepping right to right side. Hold
快速右轉90度右足右踏, 候

&3-4 Step left beside right. Cross step right over left. Step left to left.
左足併踏, 右足於左足前交叉踏, 左足左踏

5-6-7 Bump hips left. Bump hips right. Bump hips left.
左推臀, 右推臀, 左推臀

8 Make ¼ left as you hips right & sit over right hip (weight right)
左轉90度右推臀呈坐姿(重心在右足)

Restart：Wall 7- end of section 3.... slow the bumps down to match the music and drop the weight onto the left. Start the dance again from the beginning, facing the front.
第七面牆跳至此, 配合音樂放慢擺臀速度, 重心放左足, 面向前面牆從頭起

第四段 Rock recover. Step. Press. Walk back x3. ¼ side.
後下沉 回復, 踏 壓, 後 後 後, 1/4 側

1-2 Rock back left. Recover right.
左足後下沉, 右足回復

3-4 Step left forward. Press right forward.
左足前踏, 右足前壓踏

5-6 Walk back left. Walk back right.
左足後走, 右足後走

7-8 Walk back left. Make ¼ right stepping right to right side.
左足後走, 右轉90度右足右踏

第五段　Cross. Unwind. Rock back. Recover. Side. Heel. Toe. Drag.
交叉, 繞, 後下沉 回復, 側, 踵, 趾, 拖

1-2　Cross left over right. Unwind ½ turn right (weight ends left)
左足於右足前交叉踏, 右繞轉180度(重心在左足)

3-4　Rock back on right. Recover on left.
右足後下沉, 左足回復

5-6　Step right to right with toe pointing to right diagonal. Swivel right heel to right. 右足趾右斜角前點, 右足踵轉向左

7-8　Swivel right toe to right. Take the weight on the right foot & drag left towards right. (weight right)
右足趾轉向右, 重心在右足左足拖併(重心在右足)

第六段　Side. Touch. Side. Touch. ¼ . ½ . ½ . side.
左踏, 併點, 右踏, 併點, 1/4, 1/2, 1/2, 右踏

1-2　Step left to left. Touch right beside left.
左足左踏, 右足併點

3-4　Step right to right. Touch left beside right.
右足右踏, 左足併點

5-6　Make ¼ left stepping left forward. Make ½ left stepping right back.
左轉90度左足前踏, 左轉180度右足後踏

7-8　Make ½ left stepping forward left. Step right to right.
左轉180度左足前踏, 右足右踏

Restart：Wall 3 – end of section 6. Replace count 8 with a touch right beside left. Start the dance again facing the front.
第三面牆跳至此, 第8拍換成點, 從頭起跳

第七段　Ball. Cross. Hold. Ball. Cross. Point. Cross back. Point. ¼. Point.
併, 交叉, 候, 併 交叉 左點, 後交叉 右點, 1/4 左點

&1-2　Step left beside right. Cross right over left. Hold.
左足併踏, 右足於左足前交叉踏, 候

&3-4　Step left beside right. Cross right over left. Point left to left side. 左足併踏, 右足於左足前交叉踏, 左足左點

5-6　Cross step left behind right. Point right to right side.
左足於右足後交叉踏, 右足右點

7-8　Make ¼ right dropping weight onto right. Point left to left side.
右轉90度重心在右足, 左足左點

第八段　Ball step. ¼ pivot. Step. Hitch. Ball step. Hitch. ¼ hitch. ¼ forward.
併 踏 轉1/4, 踏 抬, 併 踏 抬, 1/4 抬, 1/4 踏

&1-2　Step left beside right. Step forward right. Make ¼ pivot turn left. 左足併踏, 右足前踏, 左軸轉90度

3-4　Step forward right. Hitch left up.
右足前踏, 左足抬

&5-6　Step left beside right. Step forward right. Hitch left up.
左足併踏, 右足前踏, 左足抬

7-8　Make ¼ left on ball of right hitching left again. Make ¼ left stepping left forward. 左轉90度右足踏左足抬, 左轉90度左足前踏