# I'm Alive (生命多美好) (zh)

**Count:** 32 **Wall:** 4 **Level:** Beginner
**Choreographer:** Keith Strode (UK) - 2002年03月
**Music:** I'm Alive - Céline Dion

**第一段** **Walk x 2. Right Mambo Step. Left Back Lock Step. Touch ½ Turn Right**
**走 走, 前曼波, 後鎖步, 後點, 轉**

1-2 Walk forward right. Walk forward left. 前走2步（右足、左足）

3&4 Rock forward on right. Rock back onto left. Step right beside left
曼波步（右足前下沉，左足後回復，右足在左足旁踏）

5&6 Step back on left. Step right across in front of left. Step back on left. 後鎖步（左足後踏，右足交叉於左足前踏，左足後踏）

7 Touch right toe back. 右足趾後點

8 On ball of left pivot ½ turn right. (weight remains on left)
以左足掌右後轉（重心在左足）

**第二段** **Right Forward Shuffle. Rock & Cross. ½ Right Monterey Turn. Left Lock Step 前交換, 曼波交叉, 蒙特瑞轉, 前鎖步**

1&2 Step forward on right. Step left beside right. Step forward on right.
向前交換步（右足前踏，左足在右足旁踏，右足前踏）

3&4 Rock left to left side. Rock back onto right. Cross left over right左足左下沉，右足後下沉，左足交叉於右足前

5-6 Touch right toe to right side. Pivot ½ turn right stepping right beside left. 蒙特瑞右後轉（右足趾右側點，右後轉）

7&8 Step forward on left. Lock right behind left. Step forward on left.前鎖步（左足前踏，右足在左足後踏，左足前踏）

**第三段** **Toe Touches. Syncopated Toe Touches. Back Shuffle. Coaster Step.**
**前點 右點, 併點 右點 併點, 後交換, 海岸步**

1-2 Touch right toe forward. Touch right toe to right side.
右足趾前點，右足趾右點

3&4 Touch right toe beside left. Touch right toe to right side. Touch right to beside left. 右足趾併點, 右足趾右點，右足趾併點

5&6 Step back on right. Step left beside right. Step back on right.
向後交換步（右足後踏，左足踏併，右足後踏）

7&8 Step back on left. Step right beside left. Step forward on left
海岸步（左足後踏，右足踏併，左足前踏）

**第四段** **Side. Behind. ¼ Turn Shuffle. Rock Step. Triple ½ Turn**
**右, 後, 1/4轉交換, 下沉 回復, 三步轉**

1-2 Step right to right side. Cross step left behind right.
右足右側踏，左足交叉於右足後踏

3&4 Step right ¼ turn right. Step left beside right. Step forward right.右轉交換步（右足右轉右踏，左足踏併，右足前踏）

5-6 Rock forward on left. Rock back onto right
左足前下沉，右足後下沉

7&8 Triple ½ turn left stepping - Left, Right, Left
小三步左後轉（左、右、左）

Big Finish: To fit with the music, after the ninth wall do the following.