



# KEEPING ME ALIVE

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[WWW.RACHAEL.DANCE](http://WWW.RACHAEL.DANCE) - [DANCEWITHRACHAEL@GMAIL.COM](mailto:DANCEWITHRACHAEL@GMAIL.COM)

- 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](http://www.vimeo.com/learnlinedance/KeepingMeAliveDemo)  
TEACH: [www.vimeo.com/learnlinedance/KeepingMeAlive](http://www.vimeo.com/learnlinedance/KeepingMeAlive)  
QUICK WALK THROUGH (free): <https://youtu.be/jO8bURwM4rQ>

| Section        | Footwork   | End Facing   |
|----------------|--|--------------|
| <b>1 - 8</b>   | <b>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</b>   |              |
| 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         |
| <b>9 - 17</b>  | <b>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</b>  |              |
| 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 (&amp;)</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        |
| <b>TAG 2</b>   | <b>3rd wall begins facing 12.00, dance above 9 counts (without the final sweep)then:</b><br>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) [&]. | <b>12.00</b> |
| <b>18 - 24</b> | <b>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</b>   |              |
| 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        |
| <b>25 - 32</b> | <b>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</b>   |              |
| 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         |
| <b>TAG 1</b> | <b>TAG 1 HAPPENS AT THE END OF THE 1ST WALL, FACING 6.00, REPEAT THE LAST 4 COUNTS OF THE DANCE, THEN START AGAIN.</b>   |              |
| 1 - 4        | Repeat counts 5 - 8& of section 25 - 32.   | <b>6.00</b>  |
| <b>TAG 3</b> | <b>TAG 3 HAPPENS AT THE END OF THE 5TH WALL. YOU WILL BE FACING 12.00 - DO THE 2 COUNTS BELOW THEN START AGAIN.</b>  |              |
| 1 - 2        | Step L to left side swaying upper body left [1]. Transfer weight R as you sway upper body right [2]  | <b>12.00</b> |

**START AGAIN 😊 HAVE FUN**