

Staying Alive

Choreographed by Norm Rennert

Description: 52 count, 4 wall

Music: "Staying Alive" by Glee Cast



Dance with Norm

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VINE RIGHT, TOUCH & CLAP, VINE LEFT, TOUCH & CLAP

1-4 Vine to right with touch and clap

5-8 Vine to left with touch and clap

Repeat 1-8

SWIVEL HEELS TO LEFT, RIGHT, LEFT, RIGHT, WITH THUMBS POINTING UP

1&2 Swivel heels to left, with right hand up and left hand down

Swivel heels to the right, with left hand up and right hand down

3&4 Swivel heels to left, with right hand up and left hand down

Swivel heels to the right, with left hand up and right hand down

POINT RIGHT HAND UP, LEFT HAND ON HIP

1-2 Point right hand up with left hand on hip, point right hand down to left hip

3-4 Point right hand up with left hand on hip, point right hand down to left hip

ARM ROLLS

1-4 Roll arms in front like the blades of a manual push lawn mower

HEEL TOUCH, TOE TOUCH BACK, TOE TOUCH SIDE, HITCH ¼ TO LEFT

1-4 Touch right heel front, touch right toe back, touch right toe side, hitch ¼ to left

STEP BACK, RIGHT, LEFT, RIGHT, TOUCH, WALK FORWARD, LEFT, RIGHT, LEFT, TOUCH

1-4 Step back, right foot, left foot, right foot, touch left next to right

5-8 Walk forward left foot, right foot, left foot, touch right next to left

HIP BUMPS

1-4 Bump hip right, right, left, left

STEP BACK, RIGHT, LEFT, RIGHT, TOUCH, WALK FORWARD, LEFT, RIGHT, LEFT, TOUCH

1-4 Step back, right foot, left foot, right foot, touch left next to right

5-8 Walk forward left foot, right foot, left foot, touch right next to left

REPEAT