

# Swayin' Alive

Classic Line Dance – Intermediate F  
Usage date – 18/06/2025 – 16/06/2026



Dance Style : Novelty  
Description : 76 Counts, 4 Wall  
Choreographer : Aurora de Jong  
Music : 'Stayin' Alive' by Scott Bradlee's Postmodum Jukebox

## 1-8: WALK FORWARD (X2), R SIDE ROCK-RECOVER-STEP FORWARD, LEFT CHARLESTON

- 1 RF Step forward.
- 2 LF Step forward.
- 3 RF Rock to right side.
- & LF Recover.
- 4 RF Step forward.
- 5 LF Kick forward.
- 6 LF Step back.
- 7 RF Touch or kick back.
- 8 RF Step forward.

## 9-16: WALK FORWARD (X2), LEFT SIDE ROCK-RECOVER- STEP FORWARD, RIGHT KICK (X2), RIGHT ¼ RIGHT SAILOR

- 1 LF Step forward.
- 2 RF Step forward.
- 3 LF Rock to left side.
- & RF Recover.
- 4 LF Step forward.
- 5 RF Kick or touch forward.
- 6 RF Kick or touch to right side.
- 7 RF Step back turning ¼ right (03:00).
- & LF Close to RF.
- 8 RF Step forward (*slightly overturned to 04:00*).

The TAG will happen here after 16 counts in Wall 4, then restart for Wall 5.

## 17-24: LEFT CROSS RIGHT SIDE STEP X2, SWAY LEFT AND RIGHT, ¼ RIGHT LEFT SIDE ROCK-RECOVER-STEP FORWARD

- 1 LF Step across RF slightly bending knees.
- 2 RF Step to right side straightening knees.
- 3 LF Step across RF slightly bending knees
- 4 RF Step to right side straightening knees.
- 5 Sway left.

- 6 Sway right.
- 7 LF Turn ¼ right and rock to left (06:00).
- & RF Recover.
- 8 LF Step forward.

## 25-32: ¼ RIGHT RIGHT CROSS-LEFT SIDE STEP, RIGHT CROSS LEFT SIDE SIDE, RIGHT CROSS MAMBO, LEFT BEHIND SIDE CROSS

- 1 RF Turning ¼ right, step across LF bending knees slightly (09:00).
- 2 LF Step to left straightening knees.
- 3 RF Step across LF bending knees slightly.
- 4 LF Step to left straightening knees.
- 5 RF Rock across LF.
- & LF Recover.
- 6 RF Step to side.
- 7 LF Step behind RF.
- & RF Step to side.
- 8 LF Cross over RF.

## 33-40: OUT OUT IN IN, RIGHT AND LEFT HEEL SWITCHES, RIGHT SIDE MAMBO (X2), WITH DISCO ARMS

- 1 RF Step to right.
- & LF Step to left.
- 2 RF Step back to center.
- & LF Step back to center.
- 3 RH Touch right heel forward.
- & RF Step next to LF.
- 4 LF Touch left heel forward.
- & LF Step next to RF.
- 5 RF Rock to right side (*point right arm down to left*).
- & LF Recover (*bring arm to hip height*).
- 6 RF Touch beside LF (*point right arm up*).

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7 RF Rock to right side.  
& LF Recover.  
8 RF Close beside LF.

### **41-48: OUT OUT IN IN, LEFT AND RIGHT HEEL SWITCHES, LEFT SIDE MAMBO (X2) WITH DISCO ARMS**

1 LF Step to left.  
& RF Step to right.  
2 LF Step back to center.  
& RF Step back to center.  
3 LH Touch left heel forward.  
& LF Step next to RF.  
4 RH Touch right heel forward.  
& RF Step next to LF.  
5 LF Rock to left side (*point left arm down to right*).  
& RF Recover (bring arm to hip height).  
6 LF Touch beside RF (*point left arm up*).  
7 LF Rock to left side.  
& RF Recover.  
8 LF Close beside RF.

### **49-56: RIGHT PADDLE (3X) COUNTER CLOCKWISE, SIDE STEP, LEFT CROSS MAMBO BACK, RIGHT CROSS MAMBO BACK**

1 RF Push to right turning  $\frac{1}{8}$  left (07:30).  
2 RF Push to right turning  $\frac{1}{8}$  left (06:00).  
3 RF Push to right turning  $\frac{1}{8}$  left (04:30).  
4 RF Push to right turning  $\frac{1}{8}$  left (03:00).  
5 LF Rock behind RF.  
& RF Recover.  
6 LF Step next to RF.  
7 RF Rock behind LF.  
& LF Recover.  
8 RF Step next to LF.

### **57-64: LEFT PADDLE (3X) CLOCKWISE, SIDESTEP, RIGHT CROSS MAMBO BACK, RIGHT BOUNCE X2 WHILE RAISING ARMS**

1 LF Push to left turning  $\frac{1}{8}$  right (04:30).  
2 LF Push to left turning  $\frac{1}{8}$  right (06:00).  
3 LF Push to left turning  $\frac{1}{8}$  right (07:30).  
4 LF Step to left turning  $\frac{1}{8}$  right (09:00).  
5 RF Rock behind LF.  
& LF Recover.  
6 RF Step to side.  
7 RH Bounce and raise arms.  
8 RH Bounce and raise arms.

### **65-72: LEFT BOUNCE (X3) WHILE BRINGING ARMS DOWN, SWAY (X4)**

1 LF Step slightly forward.  
2 LH Bounce.  
3 LH Bounce.  
4 LH Bounce.

*Bring arms slowly back down during counts 1-4*

### **RESTART HERE DURING WALL 3**

5 RF Step right and sway to right.  
6 LF Sway left.  
7 RF Sway right.  
8 LF Sway left.

### **73-76: SYNCOPATED RIGHT V-STEP WITH RIGHT FLICK**

1 RF Step out and forward.  
2 LF Step out and forward.  
& RF Step back and in.  
3 LF Step back to RF.  
4 RF Flick back bending at the knee.

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### **1-4: TAG (HAPPENS AFTER 16 COUNTS WALL 4)**

- 1** LF Make  $\frac{1}{4}$  right and step forward (06:00).
- 2** RF Make  $\frac{1}{4}$  right and step forward (09:00).
- 3** LF Make  $\frac{1}{4}$  right and step forward (12:00).
- &** RF Close to LF.
- 4** LF Step forward.