

Bein' Alive

Count: 32

Wall: 4

Level: Beginner

Choreographer: Guillaume Richard (FR) - March 2026

Music: Bein' Alive - Melissa Etheridge



Intro: 32 counts

Tag: At the end of wall 4, add the next 8 counts

1-4 Step RF to R side (1), Step LF next to RF (2), Step RF to R side (3), Touch LF beside RF (4)
5-8 Step LF to L side (5), Step RF next to LF (6), Step LF to L side (7), Touch RF beside LF (8)

Restart: During wall 11, do the first 16 counts and restart the dance

[1 – 8] Side, Together, Side, Touch, Step Touch & Clap x2

1-2 Step RF to R (1), Step LF next to RF (2) 12:00
3-4 Step RF to R (3), Touch LF beside RF (4) 12:00
5-6 Step LF to L (5), Touch RF beside LF (6) 12:00
7-8 Step RF to R (7), Touch LF beside RF (8) 12:00

[9 – 16] Step, Together, Side, Touch, Back Step, L Heel, Step Fwd, Scuff

1-2 Step LF to L (1), Step RF next to LF (2) 12:00
3-4 Step LF to L (3), Touch RF next to LF (4) 12:00
5-6 Step RF back (5), Tap L heel fwd (6) 12:00
7-8 Step LF fwd (7), Scuff RF fwd (8) 12:00

[17 – 24] Step Lock Step Scuff x2

1-2 Step RF fwd in R diagonal (1), Cross LF behind RF (2) 12:00
3-4 Step RF fwd in R diagonal (3), Scuff LF fwd (4) 12:00
5-6 Step LF fwd in L diagonal (5), Cross RF behind LF (6) 12:00
7-8 Step LF fwd in L diagonal (7), Scuff RF fwd (8) 12:00

[25 – 32] Step Fwd, Hold, ½ turn, Hold, Step ¼ turn, Stomp x2

1-2 Step RF fwd (1), Hold (2) 12:00
3-4 Make ½ turn L stepping onto LF (3), Hold (4) 6:00
5-6 Step RF fwd (5), Make ¼ turn L stepping onto LF (6) 3:00
7-8 Stomp RF (7), Stomp LF (8) 3:00
