

Feel Alive

Compte: 0

Mur: 2

Niveau: Improver

Chorégraphe: Jackie Barber (UK)

Musique: Ring My Bells - Enrique Iglesias



Sequence: ABB, ABB, A, ABB, ABB

PART A

EXTENDED GRAPEVINE RIGHT, ROCK RIGHT, CROSS RIGHT, HOLD

- 1-2-3-4 Step right to side, cross left behind right, step right to side, cross left over right
- 5-6 Rock right to side, recover onto left
- 7-8 Cross right over left, hold

EXTENDED GRAPEVINE LEFT, ROCK LEFT, CROSS LEFT, HOLD

- 1-2-3-4 Step left to side, cross right behind left, step left to side, cross right over left
- 5-6 Rock left to side, recover onto right
- 7-8 Cross left over right, hold

PART B

ROCK FORWARD RIGHT, STEP, HOLD, ROCK BACK LEFT, STEP, HOLD

- 1-2 Rock right forward, recover onto left
- 3-4 Step right next to left, hold
- 5-6 Rock left back, recover onto right
- 7-8 Step left next to right, hold

CROSS RIGHT, SIDE LEFT, CROSS RIGHT, SWEEP LEFT, CROSS LEFT, SIDE RIGHT, BEHIND LEFT, SIDE RIGHT

- 1-2 Cross right over left, step left to side
- 3-4 Cross right over left, sweep left from back to front
- 5-6 Cross left over right, step right to side
- 7-8 Cross left behind right, step right to side

CROSS LEFT, SWEEP RIGHT, CROSS RIGHT, STEP BACK LEFT, SIDE RIGHT, SWEEP LEFT, CROSS LEFT, STEP BACK RIGHT

- 1-2 Cross left over right, sweep right from back to front
- 3-4 Cross right over left, step left back
- 5-6 Step right to side, sweep left from side to front
- 7-8 Cross left over right, step right back

SIDE LEFT, CROSS SHUFFLE LEFT, SWEEP LEFT, CROSS LEFT, ¼ TURN LEFT, ¼ TURN LEFT

- 1-2 Step left to side, cross right over left
- 3-4 Step left to side, cross right over left
- 5-6 Sweep left from back to front, cross left over right
- 7-8 Turn ¼ left and step right back, turn ¼ left and step left to side

CROSS ROCK FORWARD RIGHT, LONG STEP RIGHT, DRAG LEFT, COASTER STEP LEFT, HOLD

- 1-2 Rock right across left, recover onto left
- 3-4 Long step right to side, slide left behind right
- 5-6 Slide/step left back, step right beside left
- 7-8 Step left forward, hold