

# Feel Alive Again

拍数: 48      墙数: 4      级数: Improver  
编舞者: Jan Brookfield (UK) - July 2016  
音乐: Alive Again - david starr



## Section 1 : ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, ½ TURN SHUFFLE

1,2            Rock R forward, recover onto L  
3&4           Step R back, step L next to R, step R forward  
5,6            Rock L forward, recover onto R  
7&8            Making a half turn left over left shoulder, shuffle forward on L,R,L (6 o'clock)

## Section 2 : ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, ¼ TURN SHUFFLE

9,10           Rock R forward, recover onto L  
11&12        Step R back, step L next to R, step R forward  
13,14        Rock L forward, recover onto R  
15,16        Making a quarter turn left over left shoulder, chasse left on L,R,L (3 o'clock)

## Section 3 : CROSS, TAP, BACK, TAP, CROSS ROCK, RECOVER, CHASSE RIGHT

17,18        Step R diagonally across in front of L, tap L toe behind R  
19,20        Step L back on the same diagonal, tap R toe in front of L  
21,22        Rock R diagonally across in front of L, recover onto L  
23&24        Step R to right side, close L to R, step R to right side

## Section 4 : CROSS, TAP, BACK, TAP, CROSS ROCK, RECOVER, CHASSE LEFT

25,26        Step L diagonally across in front of R, tap R toe behind L  
27,28        Step R back on the same diagonal, tap L toe in front of R  
29,30        Rock L diagonally across in front of R, recover onto R  
31&32        Step L to left side, close R to L, step L to left side

## Section 5 : JAZZ BOX CROSS, HINGE ½ TURN LEFT, CROSS SHUFFLE

33,34,35,36    Step R across in front of L, step L back, step R to side, step L across in front of R  
37,38        Step R back making a quarter turn left, step L to side making another quarter turn left  
39&40        Shuffle across in front of L on R,L,R (9 o'clock)

## Section 6 : SIDE ROCK, RECOVER, CROSS SHUFFLE, 2 x QUARTER PIVOT TURNS LEFT

41,42        Rock L to left side, recover onto R  
43&44        Shuffle across in front of R on L,R,L  
45,46        Step R to right side, pivot ¼ turn left, weight now on L  
47.48        Step R to right side, pivot ¼ turn left, weight now on L (3 o'clock)

**START AGAIN !**

---