

Feel Alive

COPPERKNOB
STEPSHEETS

拍数: 56 墙数: 2 级数: Beginner
编舞者: Jackie Barber (UK) - June 2007
音乐: Ring My Bells - Enrique Iglesias : (Album: Insomniac)



Start dance 16 counts after the vocals when the heavier beat kicks in.

Part A 16 counts. Part B 40 counts

Sequence A, B, B, A, B, B, A, A, B, B, A, B, B

Part A (Danced only on front wall)

Section 1 **Extended Grapevine right, Rock right, Cross right, Hold**

1-2-3-4 Step right to right side. Cross left behind right. Step right to right side. Cross left over right
5-6 Rock to right side on right, Rock onto left in place.
7-8 Cross right over left. Hold

Section 2 **Extended Grapevine Left, Rock Left, Cross Left, Hold**

1-2-3-4 Step left to left side. Cross right behind left. Step left to left side. Cross right over Left
5-6 Rock to left side on left, Rock onto right in place.
7-8 Cross left over right. Hold

Part B

Section 1 **Rock forward right, Close, Hold, Rock back left, Close, Hold**

1-2 Rock forward on right. Rock back onto left.
3-4 Close right next to left. Hold
5-6 Rock back on left. Rock forward onto right.
7-8 Close left next to right, Hold

Section 2 **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 left side.
3-4 Cross right over left. Sweep Left from back to front.
5-6 Cross left over right. Step right to right side.
7-8 Cross left behind right, Step right to right side.

Section 3 **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 back onto left.
5-6 Step right to right side, Sweep left.
7-8 Cross left over right, Step right back.

Section 4 **Side left, Cross shuffle left, Sweep left, Cross left, ¼ Turn left, ¼ Turn left**

1-2 Step left to left side, Cross right over left.
3-4 Step left to left side, Cross right over left.
5-6 Sweep left, Cross left over right.
7-8 Make ¼ turn left stepping back onto right. Make ¼ turn left stepping left to left side.

Section 5 **Cross rock forward right, Long step right, Drag Left, Coaster step left, Hold**

1-2 Cross rock forward on right, Rock back onto left.
3-4 Long step right, Drag left towards right,
5-6 Step back left. Step right beside left.
7-8 Step forward left. Hold.