

Feel Alive Again

拍數: 48 牆數: 4 級數: Improver
編舞者: Jan Brookfield (UK) - July 2016
音樂: 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 !