

# Day To Feel Alive

COPPER KNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Improver / Intermediate  
編舞者: Séverine Fillion (FR) & Arnaud Marraffa (FR) - March 2023  
音樂: Day To Feel Alive - Jake Reese



Intro : 8 counts

## [1-8] ROCK FWD RIGHT & LEFT, BACK STEP LOCK STEP, FULL TURN RIGHT BACKWARD

1-2      Rock step right fwd, recover on left  
&      Right next to left  
3-4      Rock step left fwd, recover on right  
5&6      Left step back, right cross over left, left step back  
7-8      1/2 turn right stepping right fwd, 1/2 turn right stepping left back 12:00

## [9-16] SIDE ROCK & SIDE - TOUCH, SIDE TRIPLE STEP, SAILOR 1/4 TURN LEFT

1-2      Rock step right to right side, recover on left  
&      Right next to left  
3-4      Left step to left side, Touch right next to left  
5&6      Triple step right left right to the right  
7&8      Left cross behind right, 1/4 turn left stepping right to right, left fwd 9:00

## [17-24] ROCK FWD, COASTER STEP, SIDE POINT, HOLD, SWITCH SIDE POINT, HOLD

1-2      Rock step right fwd, recover on left  
3&4      Right step back, left next to right, right fwd  
5-6      Touch left toe to left side, Hold  
&7-8      Left next to right (&), Touch right toe to right side, Hold

**\*\* RESTARTS here on walls 4 & 8 (at 12:00)**

## [25-32] SYNCOPATED JAZZ BOX CROSS, SIDE, BEHIND SIDE CROSS, SIDE SLIDE

1-2      Right cross over left, left step back  
&3-4      Right to right (&), Left cross over right, right to right  
5&6      Left cross behind right, right to right, left cross over right  
7-8      Large right step to the right, slide left next to right (ending weight on left)

**TAG : Dance this 8 counts after the walls 2 & 6 (at 6:00)**

## [1-8] LARGE STEP DIAGONALLY FWD & DRAG (R & L), WALKS BACK x 2, BACK ROCK

1-2      Large right step diagonally right fwd, Drag left next to right  
3-4      Large left step diagonally left fwd, Drag right next to left  
5-6      Walk back on right, walk back on left  
7-8      Rock back on right, recover on left

**ENJOY & HAVE FUN !!**