

Day to Feel Alive

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Lu Olsen (AUS) & Julie Hearne (AUS) - March 2023
音樂: Day To Feel Alive - Jake Reese



#8 count intro start on vocals - Ver: 1.00 - 1 small Tag / No restarts

[1-8] Touch fwd diag, Centre, Cross, Side, Recover, Cross Shuffle, ¼ back, ¼ Side

1 & 2, Touch R toe Fwd to R45, Step R to centre, Cross L over R, 12.00
3, 4, Rock R to Right, Recover onto L,
5 & 6, (Cross shuffle R over L) Cross R over L, Step L to left, Cross R over L, 12.00
7, 8 ¼ Right turn & step L back, ¼ Right turn & step R to Right 6.00

[9-16] Touch fwd diag, Centre, Cross, Side, Recover, Cross Shuffle, Side, ¼ turn

1 & 2, Touch L toe fwd to L45, Step L to centre, Cross R over L, 6.00
3, 4, Rock L to Left, Recover onto R,
5 & 6, (Cross shuffle L over R) Cross L over R, Step R to right, Cross L over R, 6.00
7, 8 Step R to right, ¼ Left turn (wgt on L) 3.00

[17-24] Full turn fwd, R Lock shuffle fwd, Fwd, Recover, L Coaster

1, 2, Full Left turn fwd stepping R, L, 3.00
3 & 4 (R lock shuffle fwd) Step R fwd, Lock L behind R, Step R fwd 3.00
5, 6, Rock L fwd, Recover onto R,
7 & 8 (Left Coaster) Step L back, Step R tog, Step L fwd 3.00

[25-32] Fwd, ¼, Cross, ¼ back, ¼ side, Cross, ¼ back, ¼ side

1, 2, 3 Step R fwd, ¼ Left turn, Cross R over L, 12.00
4, 5, ¼ Right turn & step L back, ¼ Right turn & step R to Right 6.00
6, 7, 8 Cross L over R, ¼ left turn & step R back, ¼ Left turn & step L to Left 12.00

[33-40] Fwd, Touch tog, Back, Heel fwd, Centre, Fwd, Fwd, ¼ turn, Cross Shuffle

1, 2 & 3 Step R fwd, Touch L tog, Step L slightly back, R heel fwd, 12.00
& 4, 5, 6 Step R to centre, Step L fwd, Step R fwd, ¼ left turn, 9.00
7 & 8 (Cross shuffle R over L) Step R over L, Step L to Left, Step R over L 9.00

[41-48] ¼ Back, ¼ Side, Cross shuffle, Side, Point out, ¼ fwd, ½ back

1, 2, ¼ right turn & step L back, ¼ Right turn & step R to Right, 3.00
3 & 4 (Cross shuffle L over R) Step L over R, Step R to Right, Step L over R, 3.00
5, 6, Step R to right, Point L out to left side, 3.00
7, 8 ¼ left & step L fwd, ½ Left turn & step R back, 6.00

[49-56] ½ shuffle turn, ½ shuffle turn, ¼ Touch Tog, ¼ fwd, ½ back,

1 & 2 ½ Left turning shuffle stepping L, R, L 12.00
3 & 4 ½ Left turning shuffle stepping R, L, R, 6.00
5, 6, ¼ Left turn & step L to left, Touch R beside L, 3.00
7, 8 # ¼ Right turn & step R fwd, ½ Right turn & step L back # 12.00

(# Ending on last wall: Step R back/drag L to 12.00)

[57-64] Back, Cross, Back, Back, Cross, Back, Back, Recover, Fwd, ½ pivot

1 & 2 Step R back, Cross L over R, Step R back 12.00
3 & 4 Step L back, Cross R over L, Step L back
5, 6, Step R back, Recover onto L, 12.00
7, 8 Step R fwd, ½ Left pivot turn (wgt on L) 6.00

TAG: 6.00 at End of Wall 1

1 & 2, 3, 4 Touch R toe Fwd to R45, Step R to centre, Cross L over R, Rock R to Right, Recover onto L,
5, 6, 7, 8 (Weave) Cross R over L, Step L to Left, Step R behind L, Step L to left

Last Wall 5 (12.00) Dance to count 56 # add : Step R back/drag L to finish at 12.00

NOTE: To keep it simple, we have decided NOT to include any restarts - dance through Wall 3

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