

# 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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