

# Feel Alive

**COPPER KNOB**  
STEPSHEETS

拍數: 0                      牆數: 2                      級數: Improver  
編舞者: Jackie Barber (UK)  
音樂: Ring My Bells - Enrique Iglesias



Sequence: ABB, ABB, A, ABB, ABB

## PART A

### EXTENDED GRAPEVINE RIGHT, ROCK RIGHT, CROSS RIGHT, HOLD

1-2-3-4            Step right to side, cross left behind right, step right to side, cross left over right  
5-6                Rock right to side, recover onto left  
7-8                Cross right over left, hold

### EXTENDED GRAPEVINE LEFT, ROCK LEFT, CROSS LEFT, HOLD

1-2-3-4            Step left to side, cross right behind left, step left to side, cross right over left  
5-6                Rock left to side, recover onto right  
7-8                Cross left over right, hold

## PART B

### ROCK FORWARD RIGHT, STEP, HOLD, ROCK BACK LEFT, STEP, HOLD

1-2                Rock right forward, recover onto left  
3-4                Step right next to left, hold  
5-6                Rock left back, recover onto right  
7-8                Step left next to right, hold

### 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 side  
3-4                Cross right over left, sweep left from back to front  
5-6                Cross left over right, step right to side  
7-8                Cross left behind right, step right to side

### 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 left back  
5-6                Step right to side, sweep left from side to front  
7-8                Cross left over right, step right back

### SIDE LEFT, CROSS SHUFFLE LEFT, SWEEP LEFT, CROSS LEFT, ¼ TURN LEFT, ¼ TURN LEFT

1-2                Step left to side, cross right over left  
3-4                Step left to side, cross right over left  
5-6                Sweep left from back to front, cross left over right  
7-8                Turn ¼ left and step right back, turn ¼ left and step left to side

### CROSS ROCK FORWARD RIGHT, LONG STEP RIGHT, DRAG LEFT, COASTER STEP LEFT, HOLD

1-2                Rock right across left, recover onto left  
3-4                Long step right to side, slide left behind right  
5-6                Slide/step left back, step right beside left  
7-8                Step left forward, hold