

# Feel Alive

**COPPER** KNOB  
STEPPERS

拍数: 56      墙数: 2      级数: Beginner  
编舞者: Jackie Barber (UK) - June 2007  
音乐: Ring My Bells - Enrique Iglesias : (Album: Insomniac)



Start dance 16 counts after the vocals when the heavier beat kicks in.

Part A 16 counts. Part B 40 counts

Sequence A, B, B, A, B, B, A, A, B, B, A, B, B

## Part A (Danced only on front wall)

### Section 1      Extended Grapevine right, Rock right, Cross right, Hold

1-2-3-4      Step right to right side. Cross left behind right. Step right to right side. Cross left over right  
5-6      Rock to right side on right, Rock onto left in place.  
7-8      Cross right over left. Hold

### Section 2      Extended Grapevine Left, Rock Left, Cross Left, Hold

1-2-3-4      Step left to left side. Cross right behind left. Step left to left side. Cross right over Left  
5-6      Rock to left side on left, Rock onto right in place.  
7-8      Cross left over right. Hold

## Part B

### Section 1      Rock forward right, Close, Hold, Rock back left, Close, Hold

1-2      Rock forward on right. Rock back onto left.  
3-4      Close right next to left. Hold  
5-6      Rock back on left. Rock forward onto right.  
7-8      Close left next to right, Hold

### Section 2      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 left side.  
3-4      Cross right over left. Sweep Left from back to front.  
5-6      Cross left over right. Step right to right side.  
7-8      Cross left behind right, Step right to right side.

### Section 3      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 back onto left.  
5-6      Step right to right side, Sweep left.  
7-8      Cross left over right, Step right back.

### Section 4      Side left, Cross shuffle left, Sweep left, Cross left, ¼ Turn left, ¼ Turn left

1-2      Step left to left side, Cross right over left.  
3-4      Step left to left side, Cross right over left.  
5-6      Sweep left, Cross left over right.  
7-8      Make ¼ turn left stepping back onto right. Make ¼ turn left stepping left to left side.

### Section 5      Cross rock forward right, Long step right, Drag Left, Coaster step left, Hold

1-2      Cross rock forward on right, Rock back onto left.  
3-4      Long step right, Drag left towards right,  
5-6      Step back left. Step right beside left.  
7-8      Step forward left. Hold.