

Feel Alive Again

LINEDANCE.COM

Count: 48 **Wall:** 4 **Level:** Improver

Choreographer: Jan Brookfield - July 2016

Music: "Alive Again" by David Starr, 116 BPM

Section 1 : ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, ½ TURN SHUFFLE

1,2: Rock R forward, recover onto L

3&4: Step R back, step L next to R, step R forward

5,6: Rock L forward, recover onto R

7&8: Making a half turn left over left shoulder, shuffle forward on L,R,L (6 o'clock)

Section 2 : ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, ¼ TURN SHUFFLE

9,10: Rock R forward, recover onto L

11&12: Step R back, step L next to R, step R forward

13,14: Rock L forward, recover onto R

15,16: Making a quarter turn left over left shoulder, chasse left on L,R,L (3 o'clock)

Section 3 : CROSS, TAP, BACK, TAP, CROSS ROCK, RECOVER, CHASSE RIGHT

17,18: Step R diagonally across in front of L, tap L toe behind R

19,20: Step L back on the same diagonal, tap R toe in front of L

21,22: Rock R diagonally across in front of L, recover onto L

23&24: Step R to right side, close L to R, step R to right side

Section 4 : CROSS, TAP, BACK, TAP, CROSS ROCK, RECOVER, CHASSE LEFT

25,26: Step L diagonally across in front of R, tap R toe behind L

27,28: Step R back on the same diagonal, tap L toe in front of R

29,30: Rock L diagonally across in front of R, recover onto R

31&32: Step L to left side, close R to L, step L to left side

Section 5 : JAZZ BOX CROSS, HINGE ½ TURN LEFT, CROSS SHUFFLE

33,34,35,36: Step R across in front of L, step L back, step R to side, step L across in front of R

37,38: Step R back making a quarter turn left, step L to side making another quarter turn left

39&40: Shuffle across in front of L on R,L,R (9 o'clock)

Section 6 : SIDE ROCK, RECOVER, CROSS SHUFFLE, 2 x QUARTER PIVOT TURNS LEFT

41,42: Rock L to left side, recover onto R

43&44: Shuffle across in front of R on L,R,L

45,46: Step R to right side, pivot ¼ turn left, weight now on L

47,48: Step R to right side, pivot ¼ turn left, weight now on L (3 o'clock)

START AGAIN !