

FEEL ALIVE

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Count: 56 **Wall:** 2 **Level:** Beginner level

Choreographer: Jackie Barber (UK) June 07

Music: Ring My Bells by Enrique Iglesias, Insomniac Album (116 bpm)

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.