

## Feel Alive

Phrased, 56 count, 2 wall, improver level  
Choreographer: Jackie Barber (England) June 2007  
Choreographed to: Ring My Bells by Enrique Iglesias,  
Insomniac Album (116 bpm)

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Part A 16 counts. Part B 40 counts  
Start dance 16 counts after the vocals when the heavier beat kicks in.  
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.

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