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## Feel Alive Again 48 Count, 4 Wall, Improver

48 Count, 4 Wall, Improver Choreographer: Jan Brookfield (UK) Jul 2016 Choreographed to: Alive Again by David Starr

## BPM: 116

<b>Section 1</b>	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)
<b>Section 2</b>	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)
<b>Section 3</b>	<b>Cross, Tap, Back, Tap, Cross Rock, Recover, Chasse Right</b>
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
<b>Section 4</b>	<b>Cross, Tap, Back, Tap, Cross Rock, Recover, Chasse Left</b>
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
<b>Section 5</b>	Jazz Box Cross, Hinge <sup>1</sup> / <sub>2</sub> 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)
<b>Section 6</b>	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!

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