

IT'S GOOD TO BE ALIVE

Dance By: Dawn Mee, 2626 E. Norm Place, Anaheim, CA 92806, (951) 206-1746, DawnAdele@aol.com
CD Music: *A Way to See In the Dark*, artist: Jason Gray, track #4 "Good To Be Alive"
MP3 Download: Available through Amazon and iTunes
Rhythm/Phase: Cha Cha. ROUNDALAB Phase IV
Footwork: Opposite, directions for M (except where noted)
Sequence: Intro, A, B, A, BMod, C, BMod, End

Difficulty: Average
Released: May 2014
Time: 3:24 @ 100% Download Speed

INTRO

[BFLY WALL] WAIT; WAIT; FWD BASIC & WRAP; BK BASIC & UNWRAP;

- 1-2 Wait two measures;;
3 Fwd L, rec R, bk L raising lead hnds to lead W to trn LF/cl R cont leading W to trn LF, bk L (*W rk bk R, rec L, fwd R under raised lead hnds trng LF/cl L cont trng LF, bk R*) to WRAPPED POS WALL;
4 Bk R, rec L, fwd R raising lead hnds to lead W to trn RF/cl L cont leading W to trn RF, fwd R (*W rk bk L, rec R, fwd L under raised lead hnds trng RF/cl R cont trng RF, bk L*) to BFLY WALL;

PART A

[BFLY WALL] NEW YORKER; CRAB WALKS;; AIDA;

- 1 Swiveling on R foot bring L foot thru to RLOD with straight leg to sd by sd pos, rec R swiveling to BFLY WALL, sd L/cl R, sd L (*W swiveling on L foot bring R foot thru with straight leg to sd by sd pos, rec L swiveling to BFLY WALL, sd R/cl L, sd R*);
2-3 XRIF, sd L, XRIF/sd L, XRIF; Sd L, XRIF, sd L/cl R, sd L;
4 XRIF trng RF, sd L cont RF trn, bk R/lk LIF, bk R (*W XLIF trng LF, sd R cont LF trn, bk L/lk RIF, bk L*) to BK to BK "V" POS fcg RLOD;

[LOP RLOD] SWITCH, CROSS to TRIPLE CHA FWD;; TRNG CUCA to FC; MERENGUE BASIC;

- 5 Trng LF (*W RF*) to BFLY WALL sd L ckg bringing joined hands thru, rec R trng RF (*W LF*) to LOP RLOD, fwd L/lk RIB, fwd L;
6 1&23&4 Fwd R/lk LIB, fwd R, fwd L/lk RIB, fwd L;
7 Sd R, rec L trng 1/4 LF to BFLY WALL, cl R/sip L, R;
8 1234 Sd L, cl R, sd L, cl R;

[BFLY WALL] TRAVELING DOOR - TWICE;; CIRCLE CHA AWAY & TOG to BFLY;;

- 9-10 Rk sd L, rec R, XLIF/sd R, XLIF; Rk sd R, rec L, XRIF/sd L, XRIF;
11 Circ away LF (*W RF*) fwd L, fwd R, fwd L/cl R, fwd L;
12 Circ tog LF (*W RF*) fwd R, fwd L, fwd R/cl L, fwd R to BFLY WALL;

PART B

[BFLY WALL] BASIC to FAN;; HALF BASIC TRNG to BFLY LOD; CUCA;

- 1-2 Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R; (*W fwd L, sd & bk R trng 1/4 LF fc RLOD, bk L/lk RIF, bk L leaving R foot extended fwd with no weight;*)
3 Fwd L, rec R trng 1/4 LF to BFLY LOD, sd L/cl R, sd L (*W bk R, rec L to BFLY LOD, sd R/cl L, sd R*);
4 Sd R, rec L, cl R/sip L, R;

[BFLY LOD] ALEMANA;; to LARIAT fc BFLY COH;;

- 5-6 Fwd L, rec R, bk L/cl R, sm bk L leading W to trn RF; Bk R, rec L, sd R/cl L, sd R; (*W bk R, rec, L, fwd R/cl L, fwd R comm RF trn; Cont RF trn under joined lead hands fwd L, cont RF trn fwd R, sd L/cl R, sd L;*)
7-8 Sd L, rec R, cl L/sip R, L; Sd R, rec L trng 1/4 LF to BFLY COH, sd R/cl L, sd R; (*W circ RF w/joined lead hands fwd R, fwd L, fwd R/lk L, fwd R crossing behind M; Cont circle RF w/joined lead hands fwd L, fwd R to BFLY COH, sd L/cl R, sd L;*)

[BFLY COH] FENCE LINE - TWICE;; SPOT TRN to BFLY; WHIP to BFLY WALL;

- 9-10 X lunge L thru to LOD with bent knee looking twd LOD, rec R to BFLY COH, sd L/cl R, sd L; X lunge R thru to RLOD with bent knee looking twd RLOD, rec L to BFLY COH, sd R/cl L, sd R; (*W X lunge R thru to LOD with bent knee looking twd LOD, rec L BFLY COH, sd R/cl L, sd R; X lunge L thru to RLOD with bent knee looking twd RLOD, rec R BFLY COH, sd L/cl R, sd;*)
11 Swiveling 1/4 on ball of R foot step fwd L trng 1/2 RF, rec R trng 1/4 to BFLY COH, sd L/cl R, sd L (*W swiveling 1/4 on ball of L foot step fwd R trng 1/2 LF, rec L trng 1/4 to BFLY COH, sd R/cl L, sd R*);
12 Bk R comm 1/4 LF trn, rec fwd L cont trn 1/4 LF trn to BFLY WALL, sd R/cl L, sd R (*W fwd L outside man, fwd R comm 1/2 LF trn to BFLY WALL, sd L/cl R, sd L*);

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PART B_{Mod}

[BFLY WALL] BASIC to FAN;; HALF BASIC TRNG to BFLY LOD; CUCA;

1-4 Repeat Part B Meas 1-4;;;;

[BFLY LOD] ALEMANA;; to LARIAT fc BFLY COH;;

5-8 Repeat Part B Meas 5-8;;;;

[BFLY COH] BASIC to FAN;; HALF BASIC TRNG to BFLY RLOD; CUCA;

9-12 Repeat Part B Meas 1-4 to BFLY RLOD;;;;

[BFLY RLOD] ALEMANA;; to LARIAT fc BFLY WALL;;

13-16 Repeat Part B Meas 5-8 to BFLY WALL;;;;

PART C

[BFLY WALL] CHASE w/ UNDERARM PASS to BFLY COH;; SHLDR to SHLDR - TWICE;;

1-2 Fwd L comm 1/2 RF trn keeping lead hands joined, rec fwd R, fwd L/cl R, fwd L; Bk R raising joined lead hands leading W to trn LF, rec L to BFLY COH, sd R/cl L, sd R; (*W bk R keeping lead hands joined, rec L, fwd R/cl L, fwd R twd M's left sd; Fwd L, fwd R trng 1/2 LF under joined lead hands to BFLY COH, sd L/cl R, sd L;*)

3-4 Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L; Fwd R to BFLY BJO, rec R to fc, sd R/cl L, sd R; (*W bk R to BFLY SCAR, rec L to fc, sd R/cl L, sd R; Bk L to BFLY BJO, rec R to fc, sd L/cl R, sd L;*)

[BFLY COH] CHASE w/ UNDERARM PASS to BFLY WALL;; NEW YORKER; SPOT TRN to BFLY; HIP RK 4;

5-6 Repeat Part C Meas 1-2 to BFLY WALL;;

7 Repeat Part A Meas 1;

8 Swiveling 1/4 on ball of L foot step fwd R trng 1/2 LF, rec L trng 1/4 to BFLY WALL, sd R/cl L, sd R (*W swiveling 1/4 on ball of R foot step fwd L trng 1/2 RF, rec R trng 1/4 to BFLY WALL, sd L/cl R, sd L;*)

9 1234 Rk sd L rolling hip side & bk, rk sd R rolling hip side & bk, rk sd L rolling hip side & bk, rk sd R rolling hip side & bk;

END

[BFLY WALL] CHASE w/ UNDERARM PASS to BFLY COH;; SHLDR to SHLDR - TWICE;;

1-4 Repeat Part C Meas 1-4;;;;

[BFLY COH] CHASE w/ UNDERARM PASS to BFLY WALL;; FWD BASIC & WRAP; BK BASIC, Lady ROLL 4 fc WALL w/ ARM SWEEP;

5-6 Repeat Part C Meas 1-2 to BFLY WALL;;

7 Repeat Intro Meas 3;

8 (1234) Bk R, rec L releasing hand hold, fwd & sd R/cl L joining trail hands, fwd & sd R (*W bk L, rec R releasing hand hold start RF roll, cont RF roll fwd & sd L to end fcg WALL joining trail hands, lunge sd R sweep arms clockwise up & out;*)

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Head Cues

Intro, A, B, A, BMod1, A, BMod2C, End

INTRO

[BFLY WALL] WAIT; WAIT; FWD BASIC & WRAP; BK BASIC & UNWRAP;

PART A

[BFLY WALL] NEW YORKER; CRAB WALKS;; AIDA; SWITCH CROSS to TRIPLE CHA FWD RLOD;; TRNG CUCA to FC;

[BFLY WALL] MERENGUE BASIC; TRAVELING DOOR – TWICE to OP LOD;; CIRCLE CHA AWAY & TOG to BFLY;;

PART B

[BFLY WALL] BASIC to FAN;; TRNG BASIC to BFLY LOD; CUCA; ALEMANA;; to LARIAT to BFLY COH;; FENCE LINE – TWICE;;

[BFLY COH] SPOT TRN; WHIP to BFLY WALL;

PART A

[BFLY WALL] NEW YORKER; CRAB WALKS;; AIDA; SWITCH CROSS to TRIPLE CHA FWD RLOD;; TRNG CUCA to FC;

[BFLY WALL] MERENGUE BASIC; TRAVELING DOOR – TWICE to OP LOD;; CIRCLE CHA AWAY & TOG to BFLY;;

PART BMod1

[BFLY WALL] BASIC to FAN;; TRNG BASIC to BFLY LOD; CUCA; ALEMANA;; to LARIAT to BFLY COH;; BASIC to FAN;;

[FAN POS, M fcg COH] TRNG BASIC to BFLY RLOD; CUCA; ALEMANA;; to LARIAT to BFLY WALL;; TRAVELING DOOR – TWICE;;

PART C

[BFLY WALL] CHASE w/ UNDERARM PASS to BFLY COH;; SHLDR to SHLDR – TWICE;;

[BFLY COH] CHASE w/ UNDERARM PASS to BFLY WALL;; NEW YORKER; SPOT TRN to BFLY; HIP RK 4;

PART BMod2

[BFLY WALL] BASIC to FAN;; TRNG BASIC to BFLY LOD; CUCA; ALEMANA;; to LARIAT to BFLY COH;; BASIC to FAN;;

[FAN POS, M fcg COH] TRNG BASIC to BFLY RLOD; CUCA; ALEMANA;; to LARIAT to BFLY WALL;;

END

[BFLY WALL] CHASE w/ UNDERARM PASS to BFLY COH;; SHLDR to SHLDR – TWICE;;

[BFLY COH] CHASE w/ UNDERARM PASS to BFLY WALL;; FWD BASIC & WRAP; BK BASIC, Lady ROLL BASIC fc WALL; STEP OUT WITH ARM SWEEP;