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 by Jason Gray, track #4 “Good To Be Alive”
MP3 Download: Available through Amazon and iTunes
Rhythm/Phase: Cha Cha. ROUNDALAB Phase IV
Difficulty: Average
Footwork: Opposite, directions for M (except where noted)
Released: May 2014
Revised: June 2014
Sequence: Intro, A, B, A, BMod, C, BMod(1-16), End
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 R, 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;

[LOR LOD] SWITCH CROSS to TRIPLE CHA FWD to FC;; CUCA to REV; MERENGUE BASIC;
5 Trng LF (W RF) to BFLY WALL sd L ckg bringing joined hands thru, rec R trng RF (W LF) to LOR LOD, fwd L/lk RIB, fwd L;
6 1&23&4 Fwd R/lk LIB, fwd R, fwd L/lk RIB, fwd L trng LF (W RF) to BFLY WALL;
7 Sd R, rec L, cl R/sip L, R;
8 1234 Sd L, cl R, sd L, cl R;

[BFLY LOD] 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] HALF BASIC to FACING FAN [LOW BFLY LOD];; SHLDR to SHLDR - TWICE;;
1-2 Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L trng 1/4 LF to LOW BFLY LOD, fwd R/cl L, fwd R; (W fwd L, sd & bk R trng 1/4 LF fc RLOD in LOW BFLY, bk L/lk RIF, bk L leaving R foot extended fwd with no weight;)
3-4 Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L; Fwd R to BFLY BJO, rec L 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;)

[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 cont RF trn; Cont RF trn under joined lead hands fwd L, cont RF trn fwd R, sd L/lk 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 LIB, fwd R crossing behind M; Cont circ 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 to BFLY COH, sd R/cl L, sd R; X lunge L thru to RLOD with bent knee looking twd RLOD, rec R to BFLY COH, sd L/cl R, sd L;)
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 M, fwd R comm 1/2 LF trn to BFLY WALL, sd L/cl R, sd L);
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PART BMod

[BFLY WALL] HALF BASIC to FACING FAN [LOW BFLY LOD]; SHLDR to SHLDR - TWICE;
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] HALF BASIC to FACING FAN [LOW BFLY RLOD]; SHLDR to SHLDR - TWICE;
9-10  Repeat Part B Meas 1-2 to LOW BFLY RLOD;;
11-12  Repeat Part B Meas 3-4;;

[BFLY RLOD] ALEMANA.; to LARIAT fc BFLY WALL.; TRAVELING DOOR – TWICE;
13-16  Repeat Part B Meas 5-8 to BFLY WALL;;;
17-18  Repeat Part a Meas 9-10;;

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    Repeat Part B Meas 3-4;;

[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 ROLLfc WALL; LUNGE SIDE w/ ARM SWEEP;
5-6    Repeat Part C Meas 1-2 to BFLY WALL;;
7     Repeat Intro Meas 3;
8     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 starting RF roll, roll 1/2 RF fwd & sd L/ cont roll 1/2 RF fwd & sd R to fc WALL joining trail hands/cl L);
9     1  Small lunge sd L (W small lunge sd R) and sweep lead arms up & out parallel to floor,;
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Head Cues

Intro, A, B, A, BMod, C, BMod-1-16, 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 to FC;; CUCA to REV;
[BFLY WALL] MERENGUE BASIC; TRAVELING DOOR – TWICE to OP LOD;; CIRCLE CHA AWAY & TOG to BFLY;;

PART B

[BFLY WALL] BASIC to FACING FAN to LOW BFLY LOD;; SHLDR to SHLDR - TWICE;; ALEMANA;; to LARIAT to BFLY COH;;
[BFLY WALL] FENCE LINE – TWICE;; SPOT TRN; WHIP to BFLY WALL;

PART A

[BFLY WALL] NEW YORKER; CRAB WALKS;; AIDA; SWITCH CROSS to TRIPLE CHA FWD RLOD to FC;; CUCA to REV;
[BFLY WALL] MERENGUE BASIC; TRAVELING DOOR – TWICE to OP LOD;; CIRCLE CHA AWAY & TOG to BFLY;;

PART B Mod

[BFLY WALL] BASIC to FACING FAN to LOW BFLY LOD;; SHLDR to SHLDR - TWICE;; ALEMANA;; to LARIAT to BFLY COH;;
[BFLY COH] BASIC to FACING FAN to LOW BFLY RLOD;; SHLDR to SHLDR - TWICE;; ALEMANA;; to LARIAT to BFLY WALL;;
[BFLY WALL] TRAVELING DOOR – TWICE;;

PART B Mod (1-16)

[BFLY WALL] BASIC to FACING FAN to LOW BFLY LOD;; SHLDR to SHLDR - TWICE;; ALEMANA;; to LARIAT to BFLY COH;;
[BFLY COH] BASIC to FACING FAN to LOW BFLY RLOD;; SHLDR to SHLDR - TWICE;; 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;; NEW YORKER; SPOT TRN to BFLY; HIP RK 4;

PART B Mod

[BFLY WALL] BASIC to FACING FAN to LOW BFLY LOD;; SHLDR to SHLDR - TWICE;; ALEMANA;; to LARIAT to BFLY COH;;
[BFLY COH] BASIC to FACING FAN to LOW BFLY RLOD;; SHLDR to SHLDR - TWICE;; 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;
[WRAP POS fcg WALL] BK BASIC, Lady ROLL fc WALL & JOIN TRAIL HANDS; SMALL LUNGE SD w/ ARM SWEEP;