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   **Difficulty:** Average
Rhythm/Phase: Cha Cha. ROUNDALAB Phase IV   **Released:** May 2014   **Revised:** June 2014
Footwork: Opposite, directions for M (except where noted)   **2nd Revision:** August 2014
Sequence: Intro, A, B, A, BMod, C, BMod(1-16), End   **Time:** 3:24 @ 100% Download Speed

INTRO

[BFLY WALL] <u>WAIT; WAIT; FWD BASIC & WRAP; BK BASIC & UNWRAP;</u>

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] <u>HALF BASIC; CRAB WALKS;; AIDA;</u>

1   Fwd L, rec R, sd L/cl R, sd L *(W bk R, rec L, 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] <u>SWITCH CROSS to TRIPLE CHA FWD to FC;; CUCA to REV; MERENGUE BASIC;</u>

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 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 WALL] <u>TRAVELING DOOR - TWICE;; CIRCLE CHA AWAY & TOG to BFLY;;</u>

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] <u>HALF BASIC to FACING FAN [LOW BFLY LOD];; SHLDR to SHLDR - TWICE;;</u>

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;)*

[BFLY LOD] <u>ALEMANA;; to LARIAT fc BFLY COH;;</u>

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 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] <u>FENCE LINE - TWICE;; SPOT TRN to BFLY; WHIP to BFLY WALL;</u>

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] HALF BASIC; 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 COH] FENCE LINE – TWICE;; SPOT TRN; WHIP to BFLY WALL;

PART A
[BFLY WALL] HALF BASIC; 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 BMod
[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 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 BMod (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;; FWD BASIC & WRAP;
[WRAP POS fcg WALL] BK BASIC, Lady ROLL fc WALL & JOIN TRAIL HANDS; SMALL LUNGE SD w/ ARM SWEEP;