

Alone

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Sundance (BEL) - July 2018

Musik: Alone - The McClymonts



Dance sequence : A / B / A / A / B / A / A / B / A / A / A / B + END

Intro 16 counts

PART A : 32 COUNTS

A1: KICK BALL TOUCH, SWIVELS, MAMBO ROCK, COASTER STEP

- 1&2 LF kick , Lf step next to Rf , Rv step forward
3&4& R&LF turn heels to middle , turn heels out , turn heels to middle , turn heels out
5&6 RF step forward , weight back on Lv , Rf step backwards
7&8 LF step backwards , Rf step beside Lf , Lf step forward

A2: PIVOT ½ TURN, SIDE LOCK STEPS, HEEL GRIND ¼ TURN

- 1-2 RF step forward , ½ turn left
3-4& RF step to the side , Lf step behind , Rf step to the side
5-6& LF step to the side , Rf step behind , Lf step to the side
5-6 RF heel touch forward , on ball Lf & heel Rf ¼ turn right

A3: BACK ROCK, KICK, OUT-OUT, BACK ROCK, HEEL SWITCHES

- 1-2 RF step backwards , weight back on Lf
3&4 RF kick , Rf step to the side , Lf step to the side
5-6 RF step backwards , weight back on Lf
7&8& RF heel touch forward , Rf step beside Lf , Lf heel touch forward , Lf step beside Rf

A4: SCUFF, STEP, TOE TOUCH, KICK, SWEEP ½ TURN, CROSS, SIDE TOE TOUCH, COASTER STEP

- 1-2& RF scuff , Rf step forward , Lf toe touch behind , Lf step next to Rf
3-4 RF kick forward , Lf sweep forward ½ turn
5-6 LF step across , Rf toe touch to the side
7&8 RF step backwards , Lf step beside Rf , Rf step forward

PART B : 32 COUNTS

B1: TOE STRUTTS

- 1-4 LF toe touch forward , Lf drop heel , Rf toe touch forward , Rf drop heel
5-8 LF toe touch forward , Lf drop heel , Rf toe touch forward , Rf drop heel

B2 : PIVOTS ½ TURNS, SIDE ROCK CROSS, HOLD

- 1-4 LF step forward , ½ turn right , Lf step forward , ½ turn right
5-8 LF step to the side , weight back on Rf , Lf step across , hold

B3 : MONTEREY TURN ¼ TURN, MONTEREY TURN ¼ TURN WITH FLICK

- 1-4 RF toe touch to the side , ½ turn right , Lf toe touch to the side , Lf step next to Rf
5-8 RF toe touch to the side , ½ turn right , Lf toe touch to the side , Lf swing behind

B4 : GRAPE VINE L SCUFF, GRAPE VINE RIGHT WITH STOMP

- 1-4 LF step to the side , Rf step behind , Lf step to the side , Rf scuff
5-8 RF step to the side , Lf step behind , Rf step to the side , Lf stomp next to Rf (weight on Rf)

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