Dancing on My Own



Count: 80 Wand: 3 Ebene: Phrased Improver / Intermediate

Choreograf/in: Karine Moya (FR) - November 2022

Musik: Dancing On My Own - Mosimann



** Choreography specially written for the Americana Hall Of Fame 2022

Sequence: C ABA C ABA CC1/2C Ending

Intro: approx18 secs - No Tag No Restart

PART A: 32 Counts (12:00) & (9:00)

Section 1: SIDE, POINT BWD (with arm action), SIDE, POINT BWD (with arm action), WALK FWD X3, KICK

1 2 Step Rf to the right side, Touch Lf behind Rf (Left leg outstretched and slightly crossed)

(12:00)

Styling: Head to the R

Option: During the Step right: Make two small circle ccw with the right arm closed fist and extend the arm to

the right side

3 4 Step Lf to the left side, Touch Rf behind Lf (Right leg outstretched)

Styling: Head to the L

Option: During the Step left: Make a small circle cw with the right arm closed fist and extend the arm up)

5 6 7 Walk Forward on Rf, Lf, Rf

8 kick Lf Forward

Section 2: DIAGONAL STEPS BWD (with hip & arm action), TOUCH L & R, ROLLING VINE (Vine)

1 2 1/8 turn right Step back on Lf (Push your hip backward & both arms stretched forward),

Touch Rf beside Lf (Bring your two arms bent at the level of your hips closed fist) (1:30)

3 4 1/4 turn left Step back on Rf (Push your hip backward & both arms stretched forward), Touch

Lf beside Rf (Bring your two arms bent at the level of your hips closed fist) (10:30)

5 6 7 8 Turn 1/8 left & Step Lf forward (9:00), Turn 1/2 left & Step Rf back (3:00), Step 1/4 left & Step

Lf to the left side, Touch Rf beside Lf (12:00)

Easy Option: Vine: 1/8 Turn right Step Lf to left side, step Rf behind Lf, step Lf to left side, touch Rf beside Lf (12:00)

Section 3: KICK & POINT R & L, JAZZ BOX 1/4 TURN

1&2 kick right in front, Rf ball to Lf, Point left toe to the left Side,3&4 kick left in front, Lf ball to Rf, Point right toe to the right Side,

5 6 7 8 Cross Rf over Lf, 1/4 turn right Step back on Lf, Step Rf to the right side, Step Lf Fwd (3:00)

Section 4: HIP BOUNCE FWD (with Fist Roll), TURN 1/2, 1/2 TURN HIP BOUNCE FWD (with Fist Roll), JAZZ BOX

1 Rf point Fwd, while doing this bounce right hip Fwd (Rolling Fist Fwd 1 2), (weight on Lf)

2 Turn 1/2 over left and put weight on Rf (9:00)

3 1/2 Turn Lf point Fwd, while doing this bounce left hip forward, but keep weight on Rf (3:00)

4 Put weight on Lf (Rolling Fist Fwd 3 4)

Easy Option: HIP BOUNCE FWD (with Fist Roll), HIP BOUNCE FWD (with Fist Roll) Rf point forward, while doing this bounce right hip forward, (weight on Lf), Put weight on Rf (Rolling Fist Fwd 1 2)(3:00) Lf point forward, while doing this bounce left hip forward, but keep weight on Rf, Put weight on Lf (Rolling Fist Fwd 3 4)

5 6 7 8 Cross Rf over Lf, Step back on Lf, Step Rf to the right side, Step Lf fwd (3:00)

PART B: 32 Counts (3:00)

Section 1: DIAGONAL STEP R FWD, TOUCH (with arm action), STEP BACK, TOUCH (with Fist Roll Bwd),

1/8 TURN L VINE 1/4 TURN, STEP FWD

1 2 Step Rf to the right diagonal (raise right arm to right and above head), Touch Lf beside Rf

(lower the right arm along the body and finish with a snap) (4:30)

3 4 Step back on Lf (Rolling Fist Bwd), Touch Rf beside Lf (slightly bent knees) (weight on Lf)

Option: During the Step Back make a Body Roll Bwd and (Rolling Fist Bwd),

5 6 7 8 1/8 Turn left Step Rf to right side, step Lf behind Rf, Make 1/4 turn right step Rf Fwd, Step Lf

Fwd (6:00)

Section 2 : STEP FWD, 1/4 TURN, TOUCH, (with shimmy shoulders) 1/4 TURN STEP FWD, TOUCH (with shimmy shoulders), V STEP (with arm action)

- 1 2 Step Rf Fwd turning 1/4 turn left, Touch Lf beside Rf (shimmy shoulders) (3:00)
- 3 4 1/4 turn left Step Lf Fwd, Touch Rf beside Lf (shimmy shoulders) (12:00)
- Step Rf to right diagonal (R hand behind head) (1:30), Step Lf to left diagonal (L hand behind head) (10:30), Step back on Rf (R hand to the R hip) (12:00), Step Lf beside Rf (L hand to

the L hip)

Section 3: STEP TOUCH ACROSS, POINT, CROSS, MONTEREY 1/4 TURN, CROSS

- 1 2 Step Rf to the right side, Touch L Toe across Rf (weight on Rf)
- 3 4 Point Lf to the left side, Cross Lf over Rf (weight on Lf)
- 5 6 Point Rf to the right side, Make 1/4 turn right step Rf beside Lf (3.00)
- 7 8 Point Lf to the left side, step Lf cross over Rf (weight on Lf)

Section 4: DIAGONAL STEP R FWD, TOUCH ACROSS, STEP BWD TOUCH BEHIND, 3/8 WALK AROUND

- 1 2 Step Rf to the right diagonal, Touch left Toe across Rf (weight on Rf) (4.30)
- 3 4 Step back on Lf, Touch right Toe behind Lf (right leg outstretched)
- 5 6 7 8 Walk around stepping R, L, R, L whilst making a 3/8 over R shoulder (9:00)

PART C: 16 Counts (12:00)

Section 1: DIAGONAL FWD SIDE, TOGETHER, SIDE CHASSE, 1/4 TURN SIDE, TOGETHER, SIDE CHASSE, (with arms actions)

- Make 1/8 turn L Step Rf to the right side (body front 10:30) (open the two feet and bend knees and open the 2 folded arms on each side closed fist), step Lf beside Rf (bring your 2 fists face to face elbows raised and open) (10:30)
- 3&4 Chasse R to the right side (Rolling Fist Fwd 3&4)
- 5-6 Make 1/4 turn R Step Lf to the L side (body front (1:30))(open the two feet and bend knees

and open the 2 folded arms on each side closed fist), step Rf beside Lf (bring your 2 fists

face to face elbows raised and open) (1:30)

7&8 Chasse L to the left side (Rolling Fist Fwd (7&8)) (1:30)

Section 2: DIAGONAL BWD SIDE, TOGETHER, SIDE CHASSE (with Fist Roll), 1/4 TURN SIDE, TOGETHER, SIDE CHASSE, (with Fist Roll)

- Step Rf to the right side Bwd (body front (1:30)) (open the two feet and bend knees and open the 2 folded arms on each side closed fist), Step Lf beside Rf (bring your 2 fists face to face elbows raised and open) (1:30)
- 3&4 Chasse R to the right side Bwd (Rolling Fist Fwd 3&4)
- 5-6 Make 1/4 turn L Step Lf to the left side Bwd (body front 10:30) (open the two feet and bend knees and open the 2 folded arms on each side closed fist), step Lf beside Rf (bring your 2

fists face to face elbows raised and open) (10:30)

7&8 Chasse L to the left side Bwd (Rolling Fist Fwd (7&8)) (10:30)

ENDING: 1/8 TURN STEP BACK & SIT ((with Fist Roll Bwd))

Make 1/8 turn left Step back on Rf and sit (bend knees & Rolling Fist Bwd &cross your arms) (Weight on Rf) (12:00)

HAPPY DANCING!

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