

# Alone

**COPPERKNOB**  
BY STEPHEN HETS

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Sundance (BEL) - July 2018

Music: 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)

Contact: [nancy.van.haeken@telenet.be](mailto:nancy.van.haeken@telenet.be)

