

You Are Not Alone

COPPER **KNOB**
STEPSHEETS

Count: 80

Wall: 1

Level: Intermediate

Choreographer: Cathy Breed (AUS) & Travis Taylor (AUS) - May 2020

Music: You Are Not Alone - Adam Brand & Casey Donovan



Restart on Wall 1 at Count 40, Wall 2 at Count 72

INTRO: 16 Counts

ROCK FWD/REPLACE & PIVOT 1/4 R – L CROSS SHUFFLE – R ROCK & CROSS

- 1-2& Rock R fwd, Replace weight on L, Step R together
- 3-4 Step L fwd, 1/4 R Pivot weight on R (3:00)
- 5&6-7&8 Cross L over R, Step R ball together, Cross L over R, Rock R to R side, Replace weight on L, Cross R over L

SIDE BEHIND & CROSS – SIDE – ROCK BACK/REPLACE – 1/4 L BACK – 1/2 L FWD

- 1-2& Step L to L side, Step R behind L, Step L to L side
- 3-6 Cross R over L, Step L to L side, Rock R behind L, Replace weight on L
- 7-8 1/4 L Stepping R back, 1/2 L Stepping L fwd (6:00)

1/4 L SIDE – SAILOR L – TOUCH/CLICK – 2 LOCK FWD ON 45'S

- 1 1/4 L Stepping R to R side (3:00)
- 2&3-4 L Sailor Step stepping L, R, L, Touch R foot back with a click of R fingers
- 5&6-7&8 Lock Shuffle fwd R on R 45 - Lock Shuffle fwd L on L 45

ROCK FWD/REPLACE – 1/4 R SIDE SHUFFLE – CROSS – BACK – LOCK SHUFFLE BACK

- 1-2 Rock R fwd, Replace weight on L
- 3&4 1/4 R Step R to R side, Step L together, Step R to R side (6:00)
- 5-6-7&8 Cross L over R, Step R back - Step L back, Lock R over L, Step L back

ROCK BACK/REPLACE – SHUFFLE FWD R – PIVOT 1/2 R – SHUFFLE FWD L

- 1-2 Rock R back, Replace weight on L
- 3&4 Step R fwd, Step L together, Step R fwd
- 5-6 Step L fwd, 1/2 R Pivot weight on R (12:00)
- 7&8 Step L fwd, Step R together, Step L fwd

***RESTART HERE WALL 1**

FWD DRAG/HOLD – BALL STEP – PIVOT 1/4 – CROSS L – 1/4 L BACK – 1/4 L SIDE

- 1-2 Step R fwd dragging L towards R, Hold (Keep Dragging)
- &3 Step L together, Step R fwd
- 4-5 Step L fwd, 1/4 R Pivot weight on R (3:00)
- 6-7-8 Cross L over R, 1/4 L Step R back, 1/4 L Step L to L side (9:00)

CROSS SAMBA – CROSS SAMBA – CROSS SHUFFLE – 1/4 BACK – 1/2 FWD

- 1&2 Cross R over L, Rock L to L side, Replace weight on R
- 3&4 Cross L over R, Rock R to R side, Replace weight on L
- 5&6 Cross R over L, Step L ball next to R, Cross R over L
- 7-8 1/4 R Stepping L back, 1/2 R Stepping R fwd (6:00)

FWD - BACK - TOGETHER – FWD BACK/REPLACE – 1/2 FWD – 1/4 SIDE – BEHIND SIDE CROSS

- 1-2& Step L fwd, Replace weight on R, Step L together
- 3-6 Step R fwd, Replace weight on L, 1/2 R Step R fwd, 1/4 R Step L to L side
- 7&8 Step R behind L, Step L to L side, Cross R over L (3:00)

SIDE DRAG/HOLD & CROSS L – ¼ R BACK – COASTER L – FULL TURN FWD

1-2&3-4 Step L to L side dragging R, Hold, Step R ball next to L - Step L over R, ¼ L Step R back
(12:00)

5&6 Step L back, Step R beside L, Step L fwd

7-8 Turn ½ L Step R back, Turn ½ L Step L fwd

***RESTART HERE WALL 2 (12:00)**

1/4 L SIDE ROCK/REPLACE – BEHIND – SIDE ROCK/REPLACE – BEHIND – 1/4 FWD – FWD L

1-2-3 1/4 L Rock R to R side, Replace weight on L, Step R behind L

4-5-6 Rock L to L side, Replace weight on R, Step L behind R

7-8 1/4 R Step R fwd, Step L fwd

Cathy Breed: c.breed@bigpond.com

Travis Taylor: dancewithtravis@gmail.com
