

Not Alone On The Floor (aka You Are Not Alone)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Ann-Jeanett Ramsvatn (DK) & Annette Haslund (DK) - May 2023

Music: Not Alone On The Floor - A Circle Of Friends : (iTunes)



Intro: 10 counts (start on lyric) 3 tag

SUGARFOOT R & L, REVERSE RHUMBA BOKS

1&2 Touch R toe to L instep, touch R heel to L instep, stomp R in place
3&4 Touch L toe to R instep, touch L heel to R instep, stomp L in place
5&6 Step R to right, step L next to R, Step R back
7&8 Step L to left, step R next to L, Step L forward

LOCK STEP FWD, STEP ½ TURN STEP, ROCK RECOVER, SHUFFLE FWD

1&2 Step R fwd, lock L behind, step fwd R
3&4 Step L fwd, make ½ turn R, step fwd L
5 – 6 Rock R fwd, recover on L
7&8 Step R fwd, step L together, step fwd R

Styling 5 – 6: Keep R in front, like a low hitch

ROCK & ROCK, SAILOR ¼, ROCK & ROCK, SAILOR ¼

1&2& Rock L fwd, recover on R, rock L to L side, recover on R
3&4 Step L behind R making ¼ turn L, step R to R side, step L fwd *tag 1&2
5&6& Rock R fwd, recover on L, rock R to R side, recover on L
7&8 Step R behind L making ¼ turn R, step L to L side, step R fwd *tag 3

STEP TAP BACK, SHUFFLE ½ TURN, PADDLE TURN/POINT ¾, TOUCH

1&2 Step L forward, tap R behind, step R back
3&4 ¼ R stepping L to L side, Step R next to R, ¼ R stepping fwd on L
5& Touch R toe fwd, hitch R knee in front of L while making ¼ turn L on L
6& Touch R toe fwd, hitch R knee in front of L while making ¼ turn L on L
7& Touch R toe fwd, hitch R knee in front of L while making ¼ turn L on L
8 Touch R beside L

Tag 1: on wall 3, after count 20:

WALK WALK

1 – 2 Step fwd R, step L fwd L

Tag 2: on wall 7, after count 20:

SLOW STEP ½ TURN STEP, HOLD, SLOW STEP ½ TURN STEP, HOLD, WALK R L

1 – 4 Step R fwd, make ½ turn L, step fwd R, hold
5 – 8 Step L fwd, make ½ turn R, step fwd L, hold
9 – 10 Step fwd R, step L fwd L

Styling: On count 3&7 cross your arms in front of your chest and move your arms down and out in a fast movement, keep arm out on 4&8 (hold)

Tag 3: on wall 8 after count 24:

STEP TOUCH

1 – 2 Step fwd L, touch R beside L

Ending on wall 10 after count 16:

Step L fwd while hugging yourself or a dance buddy because your are not alone on the floor

Contact: annjeanettramsvatn@gmail.com / ahfpost-dance@yahoo.dk

Last Update: 21 May 2023
