

# 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

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