

# Alone Now

Count: 0

Wall: 0

Level:

Choreographer: Mike Belk (UK)

Music: I Think We're Alone Now - Girls Aloud



Sequence: AA B TAG AA BB AA BBB

From the Album "The Sound of Girls Aloud" (3min 17sec). Do not use the single

## PART A

### WALK, WALK, SHUFFLE FORWARD, STEP TURN $\frac{1}{4}$ , CROSS SHUFFLE

- 1-2 Walk forward left, right
- 3&4 Step forward left, step right next to left, step forward left
- 5-6 Step forward right, turn  $\frac{1}{4}$  left onto left
- 7&8 Cross right over left, step left to left side, cross right over left

### SIDE TOGETHER, CHASSE LEFT $\frac{1}{4}$ TURN, ROCK RECOVER, $\frac{1}{4}$ TURN TOGETHER $\frac{1}{4}$ TURN SIDE

- 1-2 Step left to left side, step right next to left
- 3&4 Step left to left side, step right next to left, step left side turning  $\frac{1}{4}$  left
- 5-6 Rock forward right, recover onto left
- 7&8 Turn  $\frac{1}{4}$  turn right stepping right, step on left next to right, step on right turning  $\frac{1}{4}$  right

### CROSS ROCK RECOVER, CHASSE LEFT, ROCK BACK RECOVER, STEP TURN STEP

- 1-2 Cross left over right, recover onto right
- 3&4 Step left to left side, step right next to left, step left to left side
- 5-6 Rock back on right, recover forward onto left
- 7&8 Step forward on right, pivot  $\frac{1}{2}$  turn left onto left, step forward onto right

### TOUCH, TOUCH, SAILOR STEP, TOUCH, TOUCH, SAILOR STEP

- 1-2 Touch left toe forward, touch left toe to left side
- 3&4 Step left behind right, step right to right side, step left to left side
- 5-6 Touch right toe forward, touch right toe to right side
- 7&8 Step right behind left, step left to left side, step right to right side

## PART B (DANCED AT EACH CHORUS)

### CROSS SIDE, BEHIND SIDE CROSS, ROCK RECOVER, CROSS SHUFFLE

- 1-2 Cross left over right, step right to right side
- 3&4 Step left behind right, step right to right side, cross right over left
- 5-6 Rock right to right side, recover onto left
- 7&8 Cross right over left, step left to left side, cross right over left

### ROCK RECOVER, BEHIND $\frac{1}{4}$ TURN STEP, WALK, WALK, MAMBO $\frac{1}{4}$ TURN

- 1-2 Rock left to left side, recover onto right
- 3&4 Step left behind right, step right to right side turning  $\frac{1}{4}$  right, step forward left
- 5-6 Walk forward right, left
- 7&8 Rock forward onto right, recover onto left turning  $\frac{1}{4}$  left, step right next to left

### SIDE TOGETHER, CHASSE LEFT, ROCK BACK RECOVER, $\frac{1}{4}$ TURN CHASSE RIGHT

- 1-2 Step left to left side, step right next to left
- 3&4 Step left to left side, step right next to left, step left to left side
- 5-6 Rock back onto right, recover forward onto left
- 7&8 Step forward right turning  $\frac{1}{4}$  left, step left next to right, step right to right side

**SIDE BEHIND, & HEEL & CROSS, ROCK RECOVER, SAILOR STEP**

- 1-2 Step left to left side, step right behind left  
&3&4 Step left in place, step right heel diagonally forward, step right in place, cross left over right  
5-6 Rock right to right side, recover onto left  
7&8 Step right behind left, step left to left side, step right to right side

**REPEAT**

**TAG**

Once only after first B

**ROCK RECOVER, COASTER STEP TWICE**

- 1-2 Rock forward left, recover onto right  
3&4 Step back left, step back right, step forward left  
5-6 Rock forward onto right, recover onto left  
7&8 Step back right, step back left, step forward right

**ENDING**

As music fades, to finish facing front, on last B, dance steps 7&8 right sailor steps with ½ turn right

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