

Alone Again, Naturally

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Trish Arena (AUS)

Music: Alone Again Naturally - Gilbert O'Sullivan



- 1-2 Step right to right side, step left forward and across right
&3-4 Step right to right side, cross left behind right, unwind $\frac{3}{4}$ turn left (keep weight on left)
5-6 Rock forward right, replace weight on left
7&8 Full turn right stepping right-left-right on spot
- 9&10&
11&12 Rock forward on left, replace weight on right, rock left to side, replace weight on right
Step left across right, step right to right side, step left across right
13-14 Turn $\frac{1}{4}$ left and step back on right, sweep left around and step back on left
15&16 Sweep right around and step on right behind left, step left to left side, cross right over left
- &17-18 Step left to left side, rock right back, replace weight on left
&19-20 Step right to right side, rock left back, replace weight on right
21-22 Moving forward make a full turn right stepping left-right
23&24 Shuffle forward left-right-left
- 25&26 Rock forward right, replace weight on left, step right beside left
27&28 Rock back left, replace weight on right, step left beside right
29&30 Cross right over left, step slightly back on left, tap right heel 45 degrees to right
&31&32 Step right to right, cross left over right, step slightly back on right, tap left heel 45 degrees to left
- &33-34 Step left beside right, rock forward on right, replace weight on left
35&36 $\frac{3}{4}$ turn right stepping right-left-right
37-38 Cross left over right, point right toe to right side
39-40 Cross right over left, point left toe to left side
- 41-42 Cross left over right, turn $\frac{1}{4}$ left and touch right back
&43-44 Shuffle forward right-left-right
45-46 Moving forward make a full turn right stepping left-right
&47-48 Rock forward on left, replace weight on right
- 49&50 Step back on left, lock right across, step back on left
&51-52 Step back on right, lock left across, step back on right
53-54 Step left beside right, cross right over left, step left to left side
55&56 Step right behind left, step left to left side
- 57-58 Rock right to right side, replace weight on left and hinge $\frac{1}{2}$ turn right
59-60 Step right to right side, step left beside right
61-64 Repeat steps 57-60

REPEAT

RESTART

During the third wall, restart after count 32

FINISH

1-4

Rock right to right side, replace weight on left, cross right over left, unwind a full turn left keeping weight on right and bring feet together
