

You Alone

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Christina May (UK) - September 2012

Music: Alone Again (Original Mix) (feat. Jump Smokers) - Alyssa Reid



Intro 32 counts – after 'This one's for you girl'

[1-8&] LNC BASIC, ¼ R, ¾ PIVOT R, SIDE L, BEHIND SIDE CROSS ROCK R, BALL SIDE R

- 1-2& Step L to left side, rock back R recover weight to left
- 3-4& Turn ¼ right stepping forward on R, step forward on L, pivot ¾ right
- 5-6& Step L to left side, R behind L, L to left side
- 7-8& Cross rock R over L, recover, R to right side

[9-16] WALK L R, STEP ½ TURN, PIVOT ½ TURN BACK, ROCK REC BALL STEP, WALK L R

- 1-2 Walk forward L R
- 3&4 Step forward L ½ turn right, ½ turn right stepping back on L
- 5-6& Rock back R, recover, ball step R
- 7-8 Walk forward L R

***RESTART – WALL 2 (3 o'c) & WALL 5 (9 o'c)**

[17-24] L SYNC ROCK, ½ TURN L, R SYNC ROCK ¼ R, STEP PIVOT ½ R, FULL TURN R

- 1-2& L syncopated rock forward, recover, turn ½ left stepping forward on L
- 3-4& R syncopated rock forward, recover, turn ¼ right stepping forward on R
- 5-6 Step forward L, pivot ½ turn right
- 7&8 Step ½ back on L, turn ½ right stepping forward on R, step forward L

[25-32] SYNC ROCKS FORWARD & BACK, SIDE ROCK, CROSS FULL UNWIND.

- 1-2& Rock forward R, recover, ball step back on R
- 3-4 Rock back L, recover
- 5-6 Rock L to left side, recover on R (with sways for styling)
- 7-8 Cross L over R unwind full turn right (weight ends on R)

TAG: Danced once at the end of Wall 7 (facing 3o'c)

[1-8] L NC BASIC, R NC BASIC, SIDE ROCK L, BACK ROCK L

- 1-2& Step L to left side, rock back R recover weight to left
- 3-4& Step R to right side, rock back L recover weight to right
- 5-6 Side rock L, recover
- 7-8 Back rock R, recover

RESTARTS: Both occur after count 16 on Wall 2 (3o'c) and Wall 5 (9o'c)

Ending: The track ends on counts 7-8& - Cross L over R make ½ turn right to face front wall.

Last Update: 15 Nov 2022