

# Alone Again, (Naturally)

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Easy Improver

**Chorégraphe:** Val Saari (CAN) - September 2019

**Musique:** Alone Again Naturally - Gilbert O'Sullivan



## **S:1 MODIFIED TOE TRIANGLE, SAILOR STEP X 2, (R,L)**

1-2 Touch RF toes forward, Touch RF toes to R side  
3&4 Sailor Step RLR  
5-6 Touch LF toes forward, Touch LF toes to L side  
7&8 Sailor Step LRL

## **S:2 FWD SHUFFLES X 3 MAKING 3/4 TURN TO RIGHT ("ARC" PATTERN), MAMBO LEFT**

1&2 SHUFFLE forward RLR  
3&4 SHUFFLE forward LRL  
5&6 SHUFFLE forward RLR (9:00)  
7&8 Rock LF left , Recover RF, Step LF together

## **S:3 CROSS MAMBOS CHA CHA CHA X 2 (RIGHT,LEFT 1/4 PIVOT L)**

1-2 RF Cross over L, LF Recover weight  
3&4 Recover RF, Step LF in place, Step RF in place  
5-6 LF Cross over R, RF Recover weight  
7&8 Step LF left 1/4 pivot left, Step RF beside L, Step LF in place\*

## **S:4 STOMP KICK, COASTER STEP, SHUFFLE FWD LRL, STEP-PIVOT 1/4 L**

1-2 Stomp RF down, Kick RF forward  
3&4 Rock RF back, Step LF beside R, Step RF forward  
5&6 Shuffle forward LRL  
7-8 Step RF forward, Pivot 1/4 turn left (weight on left)

**\*RESTART on Wall 5 after 24 Counts (6:00)**

**Hint: the Restart is an instrumental section**

**Optional ending to face front: After Wall 9 Repeat S:4 but Pivot 1/2 L to face front. The music slows down but just adjust your steps to the new tempo**

**Email:** [valeriesaari@icloud.com](mailto:valeriesaari@icloud.com)

**Phone:** 1-905-246-5027