

Sad To Be Alone

COPPER **KNOB**
BYEPOSTETS

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Gina Refapus (INA) & Wenarika Josephine (INA) - October 2020

Musique: Help Me Make It Through The Night - Sammi Smith



Intro lyrics 16 counts / NO TAG NO RESTART

Sect 1- CROSS ROCK , CHASSE TO SIDE

- 1 - 2 Cross rock R over L - recover on L
- 3 & 4 Chasse to side on R-L-R
- 5 - 6 Cross rock L over R - recover on R
- 7 & 8 Chasse to side on L-R-L

Sect 2- FORWARD SHUFFLE, ½ TURN RIGHT BACK SHUFFLE, COASTER STEP, FORWARD SHUFFLE

- 1 & 2 Shuffle forward on R-L-R
- 3 & 4 Turn ½ right shuffle back on L-R-L (6.00)
- 5 & 6 Step R back - L beside R - step R forward
- 7 & 8 Shuffle forward on L-R-L

Sect 3- ¼ TURN LEFT SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, BEHIND SIDE CROSS

- 1 - 2 Turn ¼ left rock R to side - recover on L ... (3.00)
- 3 & 4 Cross R over L - step L to side - cross R over L
- 5 - 6 Rock L to side - recover on R
- 7 & 8 Step L behind R - step R to side - cross L over R

Sect 4- SIDE STEP, TOUCH BESIDE, SWAY

- 1 - 2 Step R to side - touch L beside R
- 3 - 4 Step L to side - touch R beside L
- 5 - 8 Step R to side and sway to right - left - right - left

Enjoy dancing...!!!

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