

Alane

Compte: 64

Mur: 2

Niveau: Phrased Intermediate

Chorégraphe: GoWildWest Isabel (CH) - March 2025

Musique: Alane - Robin Schulz & Wes



Phrased : AB AAB AAB*AA (B* = Restart in A after Part 6)

Intro: 5 x 8 counts wait

Ending: you end at 6, do an unwind turn left to have face on 12

A: 32c

Part 1: diagonal side rock, behind side cross, diagonal side rock, behind side cross

- 1, 2 RF to the diagonal line right, weight back on LF
- 3&4 RF cross behind LF, LF goes side left, RF cross before LF
- 5, 6 LF to the diagonal line left, weight back on RF
- 7&8 LF cross behind RF, RF goes side right, LF cross before RF

Part 2: step 1/2 turn left, shuffle 1/2 turn left, back rock, kick ball cross, side rock and

- 1, 2 RF step forward, turn ½ left (Face to 6)
- 3&4 do a shuffle or triple turn ½ left (Face back to 12)
- 5, 6 LF back rock, weight back on RF
- 7& kick with LF in cross over RF, bring LF in cross position. So you have LF right on the RF.
- 8& do with RF a side rock right, bring weight back on LF

Part 3: heel strut & toe heel strut in a ¼ turn left, side rock turn ¼ left, cross shuffle

- 1, 2 RF heel strut (turn ¼ to left)
- 3&4 LF toe heel strut (like canadian stomp)
- 5, 6 RF side rock with ¼ turn left, bring weight back on LF
- 7+8 RF cross over LF, LF to the side left, RF cross over LF

Part 4: toe strut, shufflee back diagonal, back rock, kick and touch

- 1, 2 LF toe strut in the diagonal line backwards
- 3+4 RF back, close LF next to RF, RF back
- 5, 6 LF rock step back, bring weight back on RF
- 7&8 LF kick, step with LF forward, touch with RF next to LF

B B* = Restart in A after Part 6

Part 5: step, lock, step-lock-step diagonal, rock recover shuffle back and change weight

- 1, 2 RF goes with a step diagonal forward, LF locked little bit cross behind RF
- 3&4 RF goes forward, LF close next to RF, RF goes forward
- 5, 6 LF rock forward, recover weight on RF
- 7&8& LF goes back, RF close next to LF, LF goes back, change weight with a little jump from LF to RF

Part 6: do the same like part 5 in the diagonal line left. Start with LF

- 1, 2 LF goes with a step diagonal forward, RF locked little bit cross behind LF
- 3&4 LF goes forward, RF close next to LF, LF goes forward
- 5, 6 RF rock forward, recover weight on LF
- 7&8& RF goes back, LF close next to RF, RF goes back, change weight with a little jump from RF to LF

Part 7 : side step, chasse right, cross rock, chasse left

- 1, 2 RF to the side right, close LF next to RF

3&4 RF to the side right, close LF next to RF, RF to the side right
5, 6 LF cross rock over RF, bring weight back on RF
7&8 LF to the side left, close RF next to LF, LF to the side left

Part 8 : cross, side, cross and cross, side rock, coaster turn in the diagonal right

1, 2 RF cross before LF, bring LF behind RF
3&4 RF cross before LF, bring LF behind RF, RF cross before LF
5, 6 LF rock to the side left, bring weight back on RF
7&8 LF step back, close back with RF, bring LF a step forward in the diagonal line right

Have so much Fun

Last Update: 1 Apr 2025
