

Alane

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Helen O'Malley (IRE)

Musique: Alane (Radio Version) - Wes



Intro: 16 counts. Start on vocals □

S1. Heel Rock, Sweep Step, ½ turn Shuffle, Forward Shuffle

1 -2 Rock forward on L heel, Recover on R

Optional Hands: On heel rock sweep hands out to sides & up with palms facing floor

&3&4 Sweep L back, Step on L, Sweep R back, Step on R

5&6 L ½ turn Shuffle forward

7&8 R shuffle forward

S2. Rock Step, Shoulder Shimmy, ½ turn Shuffle

9-10 L rock forward, Recover on R

11-12 L step back, Shimmy Shoulders

13-14 R step back, Shimmy Shoulders

15&16 L ½ turn shuffle forward

S3. Heel Rock, Sweep Step, ½ turn Shuffle, Forward Shuffle

17-18 Rock forward on R heel, Recover on L

Optional Hands: On heel rock sweep hands out to sides & up with palms facing floor

&19&20 Sweep R back, Step on R, Sweep L back, Step on L

21&22 R ½ turn shuffle forward

23&24 L shuffle forward

S4. Rock Step, Shoulder Shimmy, ½ turn Shuffle

25-26 R rock forward, Recover on L

27-28 R step back, Shimmy Shoulders

29-30 L step back, Shimmy Shoulders

31&32 R ½ turn shuffle forward

S5. Cross Rock, Sailor Step, Weave Step, ¼ turn

33&34 Cross rock L over R, Recover on R, Step L to L side

35&36 R behind L, Step L to L side, Step R to R side

37-38 Cross L over R, Step R to R side

39-40 Cross L behind R, Step R ¼ turn R

S6. ½ Turn Pivot, Triple Full Turn, Forward Shuffles

41-42 L step forward, ½ turn pivot R

43&44 ½ turn R stepping back on L, ½ turn R stepping forward on R L step forward

45&46 R shuffle forward

47&48 L shuffle forward

S7. □ Forward Steps, Applejacks x2 □

49-50 R step forward, Step L beside R

&51 Taking the weight on R toe & L heel swivel to L, Return to centre

&52 Taking the weight on L toe & R heel swivel to R, Return to centre

53-56 Repeat Steps 49 – 52

*** Hands □ While dancing Applejacks &51&52, &55&56, hands are joined in the praying position, elbows raised to sides, rock arms L to R

S8. Kickball Heel, ½ Turn Pivot, Toe Taps & Finger Clicks

57&58 R kick forward, Step on R, L heel forward,

&59-60 L step beside R, R step forward, ½ turn pivot L

61-63 Tap R toe forward x3 Clicking fingers on each tap

64 Step on R , click fingers

***☐Fingers clicks at 12, 1, 2, 3 o'clock

Enjoy, Smile and remember – Dance like no one is watching! Helen

Last Update - 22nd Dec. 2015
