

All Alone

Compte: 48

Mur: 2

Niveau: Improver

Chorégraphe: Dave Powney (UK) - March 2010

Musique: Coming Home - Lemar : (CD: Lemar The Hits)



32 count intro (approx 16 seconds)

SECTION 1: MODIFIED RUMBA BOX

- 1-2 step r fwd, touch l next to r,
- 3-4 step l to l side, step r next to l,
- 5-6 step back on l, touch r next to l,
- 7-8 step r to r side, touch l next to r

SECTION 2: SHUFFLE, WALK X2, STEP HIP BUMPS, HIP BUMPS,

- 1&2 step l fwd, close r beside l, step l fwd,
- 3-4 walk fwd r, l
- 5&6 step r fwd bumping hips fwd/back/fwd
- 7&8 bump hips back/fwd/back (transferring weight onto l)

SECTION 3: JAZZ BOX, ROLLING VINE (OR GRAPEVINE)

- 1-4 cross r over l, step l back, step r to r side, touch l next to r
- 5-6 step l to l making 1/4 turn l, 1/2 turn l stepping back r,
- 7-8 1/4 turn l stepping l to l side, touch r next to l

SECTION 4: HEEL, HOOK, STEP, TOUCH, S TEP, TOUCH, POINT, CROSS

- 1-2 r heel fwd, hook r foot in front of l knee,
- 3-4 step r fwd, touch l toe next to r,
- 5-6 step l back, touch r next to l,
- 7-8 point r to r side, cross r over l,

SECTION 5: SHUFFLE BACK, COASTER, STEP 1/2TURN WALK, WALK

- 1&2 step l back, close r next to l, step l back,
- 3&4 step r back, step l next to r, step r fwd,
- 5-6 step l fwd, 1/2 pivot turn r,
- 7-8 walk fwd l, r

SECTION 6 : CHASSE L, ROCK BACK R, RECOVER L, R ROCKING CHAIR.

- 1&2 step l to l side, step r next to l, step l to l side,
- 3-4 rock back r, recover onto l,
- 5-6 rock fwd r, recover onto l,
- 7-8 rock back r, recover onto l.

End Of Dance