

# Alone

拍数: 48      墙数: 2      级数: Improver  
编舞者: Vanessa H - April 2016  
音乐: Alone - Hollyn



## S1: Touch right out in out, walk back right left, right coaster, walk forward left right

1&2      touch right toe to side, touch right toe next to left, touch right toe to side  
3-4      step right back, step left back  
5&6      step right back, step left beside right, step right forward  
7-8      step left forward, step right forward □ (12:00)

## S2: Left forward mambo, step right side touch left, left grapevine, sway hips left right left

1&2      step left forward, step right back, step left beside right  
3-4      step right to side, touch left beside right  
5&6      step left to side, step right behind left, step left to side swaying hips to left  
7-8      sway hips to right, sway hips to left □ (12:00)

## S3: Right side shuffle, back rock, left forward shuffle, forward rock recover

1&2      step right to side, step left beside right, step right to side  
3-4      rock left back, recover to right  
5&6      step left forward, step right beside left, step left forward  
7-8      rock right forward, recover to left □ (12:00)

## S4: Right coaster, left forward rock ¼ turn right, cross and cross, rock right side recover

1&2      step right back, step left beside right, step right forward  
3-4      step left forward, recover to right turning ¼ to the right  
5&6      cross left over right, step right to side, cross left over right  
7-8      rock right to side, recover to left □ (3:00)

## S5: Right coaster, left heel step, right rocking chair step back, left back rock recover

1&2      step right back, step left beside right, step right forward  
3-4      touch left heel forward, step down on left foot  
5&6      rock right forward, recover to left, step right back  
7-8      rock left back, recover to right □ (3:00)

## S6: Left forward rock ¼ turn cross, side rock recover, skate right, left, right, left

1&2      step left forward, recover to right turning ¼ to the right, cross left over right  
3-4      rock right to side, recover to left  
5-6      skate right forward diagonal, skate left forward diagonal  
7-8      skate right forward diagonal, skate left forward diagonal □ (6:00)

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