

I'm Not Alone

拍数: 32 墙数: 4 级数: Improver
编舞者: Chatti the Valley (ES) - March 2017
音乐: Alone - Alan Walker



Intro: 32 counts

[1-8]: Right & Left Forward SAILOR STEPS, Right MAMBO ROCK, L-R SWEEP BACK STEPS.

1 Step right behind left foot
& Step left forward diagonal left
2 Step right forward diagonal right
3 Step left behind right foot
& Step right forward diagonal right
4 Step left forward diagonal left
5 Step right forward
& Recover weight on left foot
6 Step right back
7 Sweep left from front to back and step
8 Sweep right from front to back and step

[9-16]: Left SAILOR STEP ¼ TURN, Right Revers SAILOR STEP, Left Back ROCK STEP, ¼ TURN Left SHUFFLE. 1 ¼ turn left, step left behind right foot (9:00)

& Step right to right side
2 Step left to left side
3 Cross right over left foot
& Step left to left side
4 Step right to right side
5 Step left back
6 Recover weight on right foot
7 ¼ turn left, step left forward (6:00)
& Step right forward, near left foot
8 Step left forward

[17-24]: Left HEEL JACK CROSS, Right HINGE TURN, Left SHUFFLE, Right MAMBO ROCK.

& Step right to right side
1 Touch left heel diagonal to left
& Step left beside right foot
2 Cross right over left
3 ¼ turn right, step left back
4 ¼ turn right, step right to right side (12:00)
5 Step left forward
& Step right forward, near left foot
6 Step left forward
7 Step right forward
& Recover weight on left foot
8 Step right back

[25-32]: Left COASTER STEP, Left ¼ STEP TURN, OUT-OUT, IN-IN.

1 Step left back
& Step right back, beside left foot
2 Step left forward
3 Step right forward

- 4 ¼ turn left, weight on left foot (9:00)
- 5 Step right forward, diagonal right
- 6 Step left forward, diagonal left
- 7 Step right back to the centre
- 8 Step left back, beside right foot

START AGAIN

TAGS: At the end of second and six walls (2^a i 6^a), is necessary to repeat the last 4 counts (29-32 Out-Out, In-In).

RESTART: During fourth wall (4^a) dance until count 16 and start the dance from the beginning, you are facing at 9:00

(It is the instrumental part of the song).

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