

I'm Not Alone

COPPER KNOB
STEPSHEETS

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
&
2 Step left forward diagonal left
3 Step right forward diagonal right
&
4 Step left behind right foot
&
5 Step right forward diagonal right
6 Step left forward diagonal left
7 Step right forward
&
8 Recover weight on left foot
9 Step right back
10 Sweep left from front to back and step
11 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)

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

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

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

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

1 Step left back
&
2 Step right back, beside left foot
3 Step left forward
4 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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