

Alone

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - April 2016
音乐: Alone - Alan Walker : (iTunes)



(Intro: 32 count)

[S1] Side, 1/4L Side, 1/4R Side, 1/4R Side, 1/4L Side, 1/4L Side, 1/4R Side, 1/4R Side, Rock Behind-Recover

1 2 Step R to right side, turn 1/4L step L to left side
3 4 Turn 1/4R step R to right side, turn 1/4R step L to left side
5 6 Turn 1/4L step R to right side, turn 1/4L step L to left side
7& Turn 1/4R step R to right side, turn 1/4R step L to left side
8& Rock/step R behind L, recover weight on L (3:00)

[S2] R Side Shuffle, 1/2L, Shuffle Fwd, 3/4R, Shuffle Fwd, 3/4L, Shuffle Fwd, &

1&2& Step R to side, step L next to R, step R to side, ball of R turn 1/2L (9:00)
3&4& Step L fwd, step R next to L, step L fwd, ball of L turn 3/4R (6:00)
5&6& Step R fwd, step L next to R, step R fwd, ball of R turn 3/4L (9:00)
7&8& Step L fwd, step R next to L, step L fwd, recover weight on R**

[S3] Back, Back, Coaster Step, R Kick-Side, Rock Behind-Recover, L Kick-Side, Rock Behind-Recover

1 2 Step L back, step R back
3&4 Step L back, step R next to L, step L fwd
5&6& Kick R fwd, step R to right side, rock/step L behind R, recover weight on R
7&8& Kick L fwd, step L to left side, rock/step R behind L, recover weight on L (9:00)

[S4] Kick-Side, Side, 1/4R Sailor Fwd, Step Pivot, Fwd with Full R Turn

1&2 Kick R fwd, step R to right side, step L to left side
3&4 Turn 1/4R sweeping R around L and step R back, step L close to R, step R fwd
5 6 Step L fwd, turn 1/2R weight on R
7 8 Step L fwd, (weight on L) full R spin w/ slight R hook (6:00)

Tag (4 counts): The End of Wall 2 (12:00) Side Rock-Recover, Back Rock-Recover

1 2 3 4 Rock/step R to right side, recover weight on L, rock/step R back, recover weight on L

Restart: Wall 4 count 16 with step change (S2 - 7&8&) Change to 1/4L Cross Samba**

15&16 Cross/step L over R, turn 1/4L step R next to L, step L to side (12:00)

Ending: End of Wall 7 add following steps

1 2 Step R to right side, turn 1/4L step L to left side
3 4 Turn 1/4L step R to right side, step L together (12:00)

(Updated: 27/3/2017)

Please contact me.

I will send Demo via e-mail as an attachment. (hirokocarlsson@gmail.com)