

# Alone

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Sundance (BEL) - July 2018  
音乐: Alone - The McClymonts



Dance sequence : A / B / A / A / B / A / A / B / A / A / A / B + END

Intro 16 counts

## PART A : 32 COUNTS

### A1: KICK BALL TOUCH,SWIVELS,MAMBO ROCK,COASTER STEP

1&2            LF kick , Lf step next to Rf , Rv step forward  
3&4&          R&LF turn heels to middle , turn heels out , turn heels to middle , turn heels out  
5&6            RF step forward , weight back on Lv , Rf step backwards  
7&8            LF step backwards , Rf step beside Lf , Lf step forward

### A2: PIVOT ½ TURN,SIDE LOCK STEPS,HEEL GRIND ¼ TURN

1-2            RF step forward , ½ turn left  
3-4&          RF step to the side , Lf step behind , Rf step to the side  
5-6&          LF step to the side , Rf step behind , Lf step to the side  
5-6            RF heel touch forward , on ball Lf & heel Rf ¼ turn right

### A3: BACK ROCK,KICK,OUT-OUT,BACK ROCK,HEEL SWITCHES

1-2            RF step backwards , weight back on Lf  
3&4            RF kick , Rf step to the side , Lf step to the side  
5-6            RF step backwards , weight back on Lf  
7&8&          RF heel touch forward , Rf step beside Lf , Lf heel touch forward , Lf step beside Rf

### A4: SCUFF,STEP,TOE TOUCH,KICK,SWEEP ½ TURN,CROSS,SIDE TOE TOUCH,COASTER STEP

1-2&          RF scuff , Rf step forward , Lf toe touch behind , Lf step next to Rf  
3-4            RF kick forward , Lf sweep forward ½ turn  
5-6            LF step across , Rf toe touch to the side  
7&8            RF step backwards , Lf step beside Rf ,Rf step forward

## PART B : 32 COUNTS

### B1: TOE STRUTTS

1-4            LF toe touch forward , Lf drop heel , Rf toe touch forward , Rf drop heel  
5-8            LF toe touch forward , Lf drop heel , Rf toe touch forward , Rf drop heel

### B2 : PIVOTS ½ TURNS,SIDE ROCK CROSS,HOLD

1-4            LF step forward , ½ turn right , Lf step forward , ½ turn right  
5-8            LF step to the side , weight back on Rf , Lf step across , hold

### B3 : MONTEREY TURN ¼ TURN, MONTEREY TURN ¼ TURN WITH FLICK

1-4            RF toe touch to the side , ½ turn right , Lf toe touch to the side , Lf step next to Rf  
5-8            RF toe touch to the side , ½ turn right , Lf toe touch to the side , Lf swing behind

### B4 : GRAPE VINE L SCUFF,GRAPE VINE RIGHT WITH STOMP

1-4            LF step to the side , Rf step behind , Lf step to the side , Rf scuff  
5-8            RF step to the side , Lf step behind , Rf step to the side , Lf stomp next to Rf (weight on Rf )

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