

R We Alone

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 3 级数: Phrased Intermediate
编舞者: Janet Cummings (USA) - August 2018
音乐: I Think We're Alone Now - Tommy James & The Shondells



Pattern: AB Tag AB Tag BB

Intro: 16 Counts

Part A: 64 Counts

AS1: STEP FORWARD, BRUSH, STEP FORWARD, BRUSH, STEP BACK, KICK, STEP BACK, KICK

1-4 R Walk, L Brush; L Walk, R Brush

5-8 R Step Back, L Kick; L Step Back, R Kick {12:00}

AS2: STEP FORWARD, BRUSH, STEP FORWARD, BRUSH, STEP BACK, KICK, STEP BACK, KICK

1-4 R Walk, L Brush; L Walk, R Brush

5-8 R Step Back, L Kick; L Step Back, R Kick {12:00}

AS3: R SCISSORS, L SCISSORS

1-4 R Side Step, L Step Together, R Cross, Hold

5-8 L Side Step, R Step Together, L Cross, Hold {12:00}

AS4: TWO LEFT ¼ TURN PADDLES, RIGHT JAZZ BOX

1-4 Step R, Pivot ¼ Turn L, Step R, Pivot ¼ Turn L

5-8 Cross Step R, Step Back L, Step R on R, Step Forward on L {6:00}

AS5: ½ LEFT TURN CHUGS, RUNNING STEPS - OR - RUNNING MAN {ALL SYNCOPATED}

1&2&3&4 Weight on Ball of L Foot, Push off on R Foot (syncopated) to Complete a ½ Turn Left

5&6&7&8 Run, R,L,R,L,R,L, R...OR...Running Man...L, R, L, R {12:00}

AS6: ½ RIGHT TURN CHUGS, RUNNING STEPS - OR - RUNNING MAN {ALL SYNCOPATED}

1&2&3&4 Weight on Ball of R Foot, Push off on R Foot (syncopated) to Complete a ½ Turn Left

5&6&7&8 Run, L,R,L,R,L,R,L...OR...Running Man R, L, R, L {6:00}

AS7: R CHASSE, ROCK, RECOVER; L CHASSE, ROCK, RECOVER

1&2 Right Side Shuffle

3-4 L Rock Back, R Recover

5&6 Left Side Shuffle

7-8 R Rock Back, L Recover {6:00}

AS8: SWAY, SWAY, ¼ TURN RIGHT SHUFFLE; STEP, PIVOT RIGHT ½ TURN, SHUFFLE

1-2 Sway R, L

3&4 Turn ¼ Right, Shuffle {9:00}

5-6 Step L, Pivot ½ Turn Right

7&8 L Shuffle {3:00}

Part B: 32 Counts

BS1: KICK, BALL, TURN ¼ LEFT; KICK, BALL, TURN ¼ LEFT; STEP OR SKATE DIAGONAL RIGHT, HOLD, STEP OR SKATE DIAGONAL LEFT, HOLD

1&2 Kick, Ball, Turn ¼ Left;

3&4 Kick, Ball, Turn ¼ Left

5-6, 7-8 Step Diagonally R, Hold, Step Diagonally L, Hold 9:00

BS2: SWEEP ½ TURN RIGHT, X 2

- 1-4 With weight on L, Sweep R Foot to Back in a Clockwise Motion and Put Weight on R immediately for a continued 1st Count, Hold, Step on L, Hold {3:00}
- 5-8 Repeat - With weight on L, Sweep R Foot to Back in a Clockwise Motion, Put Weight on R immediately for a continued 1st Count, Hold, Step on L, Hold {9:00}

Option 2: Full Right Turn Monterey

BS3: KICK, BALL, TURN ¼ LEFT; KICK, BALL, TURN ¼ LEFT; STEP DIAGONAL RIGHT, HOLD, STEP DIAGONAL LEFT, HOLD

- 1&2 Kick, Ball, Change Turning ¼ Left;
- 3&4 Kick, Ball, Change Turning ¼ Left
- 5,6 – 7,8 Step Diagonally R, Hold, Step Diagonally L, Hold
- Option: In BS1 and BS3, The STEP can also be done as a Skate, Hold x 2 {3:00}**

BS4: RIGHT AND LEFT DOUBLE HEEL TAPS

- 1-4 Step R Foot Slightly Forward, Tap one or both heels together
- 5-8 Step L Foot Slightly Forward, Tap one or both Heels together {3:00}

TAG: ADD AN 8 COUNT ROCKING CHAIR AFTER BOTH AB PATTERNS.

- 1-4 Step Forward on R, Rock Back on L, Step Back on R, Rock Forward on L
- 5-8 Repeat

A lot of steps equal a lot of fun. Enjoy!

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