I'm On My Own



拍数: 40 编数: 4 级数: High Beginner

编舞者: Noah Sierra (USA) - June 2019

音乐: On My Own - Ross Lynch



Intro counts: 16 counts

SCISSOR STEP W/ KICK X2, HIP SWAYS X4 (RL,RL)

1&2& Push RF to R side, recover on LF, kick RF forward, cross RF over LF.3&4& Push LF to L side, recover on RF, kick LF forward, cross LF over RF.

5-6 Sway R hip to R side, sway L hip to L side.7-8 Sway R hip to R side, sway L hip to L side.

STEP R, STEP L, TRIPLE SIDE (RLR), ROCK/RECOVER, TRIPLE SIDE W/ 1/4 PIVOT.

1-2 Step RF to R side, step LF on RF.

3&4 Shuffle RLR to R side.

5-6 Rock LF over RF, recover on RF.

7&8 Step LF to L side, step RF on LF, step LF forward with ¼ pivot.

JAZZ BOX, KICK/BALL/CHANGE X2.

1-2 Cross RF over LF, step LF back.3-4 Step RF to R side, step LF on RF.

5&6 Kick RF forward, step RF on LF, step LF in place.7&8 Kick RF forward, step RF on LF, step LF in place.

ROCK/RECOVER, COASTER R, ROCK/RECOVER, COASTER L.

1-2 Rock RF forward, recover on LF.

3&4 Step RF back, step LF on RF, step RF forward.

5-6 Rock LF forward, recover on RF.

7&8 Step LF back, step RF on LF, step LF forward.

VINE R, VINE L, VINE R, VINE L.

1&2&
3&4&
Step RF to R side, cross LF behind RF, step RF to R side, touch LF on RF.
5&6&
Step RF to R side, cross LF behind RF, step RF to R side, touch LF on RF.
5&6&
Step RF to R side, cross RF behind RF, step RF to R side, touch LF on RF.
5&6
Step LF to L side, cross RF behind LF, step LF to RF, touch RF on LF.

RESTART: Wall 2, after first 8 counts (leave out counts 5&6&7&8& in 5 section)

RESTART: Wall 4, after first 32 counts.

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

Email: noahsierragae@gmail.com Website: dancewithnoah.my-free.website

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