

Alone Again, (Naturally)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Improver
编舞者: Val Saari (CAN) - September 2019
音乐: Alone Again Naturally - Gilbert O'Sullivan



S:1 MODIFIED TOE TRIANGLE, SAILOR STEP X 2, (R,L)

1-2 Touch RF toes forward, Touch RF toes to R side
3&4 Sailor Step RLR
5-6 Touch LF toes forward, Touch LF toes to L side
7&8 Sailor Step LRL

S:2 FWD SHUFFLES X 3 MAKING 3/4 TURN TO RIGHT ("ARC" PATTERN), MAMBO LEFT

1&2 SHUFFLE forward RLR
3&4 SHUFFLE forward LRL
5&6 SHUFFLE forward RLR (9:00)
7&8 Rock LF left , Recover RF, Step LF together

S:3 CROSS MAMBOS CHA CHA CHA X 2 (RIGHT,LEFT 1/4 PIVOT L)

1-2 RF Cross over L, LF Recover weight
3&4 Recover RF, Step LF in place, Step RF in place
5-6 LF Cross over R, RF Recover weight
7&8 Step LF left 1/4 pivot left, Step RF beside L, Step LF in place*

S:4 STOMP KICK, COASTER STEP, SHUFFLE FWD LRL, STEP-PIVOT 1/4 L

1-2 Stomp RF down, Kick RF forward
3&4 Rock RF back, Step LF beside R, Step RF forward
5&6 Shuffle forward LRL
7-8 Step RF forward, Pivot 1/4 turn left (weight on left)

***RESTART on Wall 5 after 24 Counts (6:00)**

Hint: the Restart is an instrumental section

Optional ending to face front: After Wall 9 Repeat S:4 but Pivot 1/2 L to face front. The music slows down but just adjust your steps to the new tempo

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