

Alone Part II

拍数: 64 墙数: 1 级数: Phrased Intermediate
编舞者: Yumiko Miko (INA) & Bambang Satiyawan (INA) - March 2020
音乐: Alone, Pt. II - Alan Walker & Ava Max



Sequence : A B B C C C C A* B B C C C C A B B C C C C B B

PART A

S1. Fwd Coaster – Coaster Step – Cross Samba – Mambo Step

1a2 Step L fwd, Step R close L, Step L back
3a4 Step R back, Step L close R, Step R fwd
5a6 Cross L over R, Step R to side, Recover on L (body angle 10.30)
7&8& Cross R over L, Recover on L, Step R back, Recover on L (10.30)

S2. Kick Ball Touch – Sway – Turn 1/8 Left Lock Shuffle

1&2 Kick R fwd, Step back on R, Touch L fwd
3-4-5-6 Step on L, Recover on R, Step L fwd, Close R to L (10.30)
(styling for 3-4-5 : Throw R arm fwd with open palm and pull L arm with open palm to your hip , L arm fwd and pull R arm, R arm fwd and pull L arm)
7&8 Turn 1/8 left step L fwd, Lock R behind L, Step L fwd (9.00)

S3. Dorothy Step – Mambo Step – Coaster Step

1-2& Step R diagonally fwd, Lock L behind R, Step R fwd
3-4& Step L diagonally fwd, Lock R behind L, Step L fwd
5&6 Step R fwd, Recover on L, Step R back
7&8 Step L back, Close R to L, Step L fwd (9.00)

S4. Out – Out – In – Fwd – Pivot Turn – Full Turn – Walk Fwd

&1&2 Step ball on R to side, Step L to side, Step R to center, Step L fwd
3&4 Step R fwd, Turn ½ left step L fwd, Step R fwd (3.00)
5-6-7-8 Turn ½ right step L back, Turn ½ right Step R fwd, Walk fwd on L, R (3.00)

PART B

S1. ¼ Turn Left/ Step Fwd – Cross – Side – Back – Behind – Side – Cross – Scissor Step – ¾ Turn Right

1 Turn ¼ left step L fwd sweep on R from back to front (12.00)
(Only happened after Normal/Full Part A)
1 Step L fwd sweep on R from back to front
2&3 Cross R over L, Step L to side, Step R back sweep on L from front to back (12.00)
4&5 Cross L behind R, Step R to side, Cross L over R
6&7 Step R to side, Close L to R, Cross R over L
8&1 Turn ¼ right step L back, Turn ½ right step R fwd, Step L fwd (9.00)

S2. ¼ Turn Left – Scissor Step – ½ Turn Left - Sway

2&3 Step R fwd, Turn ¼ left step on L, Cross R over L (6.00)
4&5 Step L to side, Step R close to L, Cross L over R
6&7 Turn ¼ left step R back, Turn ¼ left step L to side, Cross R over L
8& Step L to side, Recover on R (12.00)

PART C

S1. Arm Styling

1-2-3-4 Close LF to RF while Lift R arm shoulder level and bent up to 90 Degrees with open palm inside, do the same with your L arm, Drop you R hand in front of your chest, Drop your L above R hand

5-6 Raise you L hand up pass your face and R hand down a bit, Put again both hand same position in front of your chest

7-8 Do the same as 5 & 6

S2. Arm Styling

1-2-3-4 Lift your L hand up to 90 degrees arm still shoulder level, Do the same with R hand, Drop L hand in front of your chest, Drop R hand above L hand

5-6-7-8 Roll both hands together, Bring R hand straight to front with open palm up, Bring back R hand to L hand continue roll both hands together and ends it with R hand above L hand.

A* : Restart after 16 Count & Change Step on Section 2

(7&8 : Step L to side, Recover on R, Touch L close to R (12.00)

Enjoy the dance...

Contact : bambang.1709@gmail.com
