

Alone

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner +
编舞者: Julie Snailham (ES) - March 2020
音乐: Alone - Bee Gees : (Audio Remastered)



Intro after 32 Counts as they start singing

Restart Wall 5, (facing 3) with step change
S4 3-4 Rock back on L, recover on R

Restarts on Wall 8 & Wall 11 After 24 counts

S:1 - CROSS ROCK RECOVER, CHASSE, CROSS ROCK RECOVER, ¼ TURN RIGHT CHASSE

1-2 Cross rock L over R, recover on R
3&4 Step L to L side, step R next to L, step L to L side
5-6 Cross rock R over L, recover on L
7&8 Turn ¼ R, step R to R side, step L next to R, step R forward

S:2 - LEFT ROCKING CHAIR, STEP ½ TURN TOUCH R TOE, STEP ½ TURN TOUCH L TOE

1-2 Rock forward on L, recover on R
3-4 Rock back on L, recover on R
5-6 Step forward on L pivot ½ R, touching R toe in front of L
7-8 Step forward on R, pivot ½ L touch L toe in front of R

S:3 - STEP LOCK, STEP LOCK STEP, ROCK RECOVER, COASTER STEP

1-2 Step L forward, lock R foot behind L
3&4 Step L forward, lock R foot behind L, step L forward
5-6 Rock forward on R, recover on L
7&8 Step back on R, step L next to R, step forward on R

**** RESTARTS HERE ON WALLS 8 & 11 ****

S:4 - ROCK FORWARD RECOVER, STEP BACK ON LEFT, RIGHT HOOK TOUCH, STEP LOCK, STEP LOCK STEP

1-2 Rock forward on L, recover on R
3-4 Step back on L, hook R across L, touch R toe Restart here Wall 5 with step change
5-6 Step R forward, lock L foot behind R
7&8 Step R forward, lock L foot behind R, step R forward

Thank you for looking/teaching my dance

Any queries/questions please contact me at snailham56@yahoo.co.uk or via facebook