

# Alone

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](mailto:snailham56@yahoo.co.uk) or via facebook