

Alone - Heart

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Syafri's Fitri (INA) & Mona (INA) - August 2020
音乐: Alone - Alyona Yanashina : (Heart Cover)



Restarts : Wall 2 After 44 C, Wall 4 After 40 C, Wall 5 After 48 C

I. SIDE – BACK CROSS - RECOVER – SIDE – TURN ½ - CROSS OVER -TO SIDE- BACK CROSS – RECOVER – SIDE – TURN ½ - RECOVER

1 2& Step R to Side, step L Back Cross, Recover on R
3 4& Step L to Side, step R Turn ½ to Right, step L Cross Over
5 6& Step R to Side, step L Back Cross, Recover on
7 8& Step L to Side, step R Turn ½ to Right, Recover on L

II. SIDE – BACK CROSS – RECOVER – SIDE – BACK CROSS – RECOVER - CROSS OVER – RECOVER – TOGETHER – CROSS OVER – TURN ¾

1 2& Step R to Side, step L Back Cross, Recover on R
3 4& Step L to Side, step R Back Cross, Recover on L
5 6& Step R Cross Over, Recover on L, step R Together beside L
7 8& Step L Cross Over, step R Turn ¾ to Left, Recover on L

III. FORWARD – COASTER STEP – SHUFFLE FORWARD - TURN 1/2

1 2& Step R Forward, step L Back, step R Together
3 4& Step L Forward, step R Back, step L Together
5 6& Step R Forward, step L Forward, step R Together
7 8& Step L Forward, step R Turn ¼ to Left, step L Turn ¼ to Left

IV. FORWARD – GRAPEVINE - DIAMOND

1 2& Step R Forward, step L Cross Over, Recover on R
3 4& Step L Back Cross, step R Back Cross, Recover on L
5 6& Step R Cross Over, step L Turn ¼ to Left Cross Over, Recover on R
7 8& Step L Turn ¼ to Left, step R Turn ¼ to Left Cross Back, Recover on L

V. SIDE – CROSS BACK – RECOVER – CROSS OVER – TURN ½ - SIDE –RECOVER – CROSS OVER – RECOVER – SIDE – FLICK

1 2& Step R to Side, step L Cross Back, Recover on RP
3 4& Step L Cross Over, step R Turn ½ to Left, Recover on L
5&6& Step R to Side, Recover on L, step R Cross Over, Recover on L
7 8 Step R to Side, step L Flick Back

VI. CROSS OVER – RECOVER – TOGETHER – CROSS OVER – RECOVER-SWEEP –DIAGONAL WALK BACK – COASTER STEP

1 & 2 Step L Cross Over, Recover on R, step L Together
3 & 4 Step R Cross Over, Recover on L, step R Sweep
5 6 Step R Diagonal Walk Back, step L Diagonal Walk Back
7 & 8 Step R Back, step L Together, step R Forward

VII. SWEEP DIAGONAL – TOUCH – DIAGONAL FORWARD – RECOVER - COASTER STEP - FLICK

1 2 Step L Sweep Diagonal – Touch on L
3 4 Step R Sweep Diagonal – Touch on R
5 6& Step L Diagonal Forward – Recover on R, step L Together
7 8& Step R Forward, step L Flick, step L. In place

Contact Person : syafrinurasfitri@gmail.com
