

# Alone

拍数: 32      墙数: 4      级数: Improver  
编舞者: Om Pardi (INA) - October 2020  
音乐: Alone, Pt. II - Alan Walker & Ava Max : (Album: Alone, Pt. II)



## SEC 1: DIAGONAL ROCK, RECOVER, DIAGONAL ROCK, RECOVER, DIAGONAL ROCK, RECOVER, BACK COASTER STEP

1&2&      Rock R forward to diagonal L (1), Recover on L (&), Rock R forward to R diagonal (2),  
Recover on L (&)  
3&4      Rock R back to L diagonal (3), Recover on L (&), Step R forward to R diagonal (4)  
5&6&      Rock L forward to R diagonal (5), Recover on R (&), Rock L forward to L diagonal (6),  
Recover on R (&)  
7&8      Make 1/8 L turn step L back (7), Step R next to L (&), Step L forward (8)

## SEC 2: SIDE ROCK, RECOVER, FORWARD, FORWARD, TURN ½ RIGHT, FORWARD, MODIFIED BOX SHUFFLE

1&2      Rock R to side (1), Recover on L (&), Step R forward (2)  
3&4      Step L forward (3), Make ½ R turn on R (&), Step L forward (4)  
5&6      Step R to side (5), Step L next to R (&), Step R forward (6)  
7&8      Step L to side (7), Step R next to L (&), Step L forward (8)

**\*Restart here on wall 3 & wall 4**

## SEC 3: SIDE TOUCH, BESIDE TOUCH, SIDE TOUCH, ¼ RIGHT BACK COASTER STEP

1&2      Touch R outside R (1), Touch L beside R (&), Touch R outside R (2)  
3&4      Make ¼ R turn step R back (3), Step L next to R (&), Step R forward (4)  
5&6&      Rock L forward to diagonal L (5), Recover on R (&), Make 1/8 L rock L forward (6), Recover  
on R (&)  
7&8      Rock L to side (7), Recover on R (&), Step L next to R (8)

## SEC 4: BOTAFOGOS, JAZZ BOX

1&2      Cross R over L (1), Step L to side (&), Step R to side (2)  
3&4      Cross L over R (3), Step R to side (&), Step L to side (4)  
5-8      Cross R over L (5), Step L back (6), Step R to side (7), Step L forward (8)

**Enjoy the dance and have fun!**

**Restart during wall 3 after 16 count. You dance facing 9 o'clock**  
**Restart during wall 4 after 16 count. You dance facing 12 o'clock**

**For more information about this dance please contact: [gieprod@yahoo.com](mailto:gieprod@yahoo.com)**

**Last Update - 11 Oct. 2020**