

Alone

拍数: 64 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - May 2021
音乐: Alone - Marshmello : (Spotify / Apple Music)



(48 counts intro) - No tags or restarts -

[S1] Cross, Side, Behind-Side-Heel Grind 1/4R, Back Rock-Step-Lock-Step

1 2 Cross R over L, Step L to the side
3& Step R behind L, Step L to the side
4 5 R heel grind ¼ turn right, Recover weight on L (3:00)
6& Rock back on R, Recover weight on L
7&8 Step forward on R, Lock L behind R, Step forward on R

[S2] Heel Switches, Heel-Hook-Heel-Together, Heel-Together-Heel-Hook-Heel-&-Touch

1&2& Touch L heel forward, Step L together, Touch R heel forward, Step R together
3&4& Touch L heel forward. Hook L foot over R, Touch L heel forward, Step L together
5&6& Touch R heel forward, Step R together, Touch L heel forward, Hook L foot over R
7&8 Touch L heel forward. Step slightly back on L, Touch R next to L

[S3] Step-Pivot 1/2L, Full Turn, Fwd Rock, 1/2R, 1/4R

1 2 Step forward on R, Make a ½ turn left recover weight on L (9:00)
3 4 Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (9:00)
5 6 Rock forward on R, Recover weight on L
7 8 Make a ½ turn right stepping forward on R, Make a ¼ turn right stepping L to the side (6:00)

[S4] Sailor Step, Behind Rock, Side Shuffle, Behind Rock

1&2 Step R behind L, Step L to the side, Step R to the side
3 4 Rock L behind R, Recover weight on R
5&6 Step L to the side, Step R next to L, Step L to the side
7 8 Rock R behind L, Recover weight on L (6:00)

[S5] Rocking Chair-Side Rock-&, Reverse Rocking Chair-Side Rock-Back Rock

1&2& Rock forward on R, Recover weight on L, Rock back on R, Recover weight on L
3&4 Rock R to the side, Recover weight on L, Step R close to L
&5&6 Rock back on L, Recover weight on R, Rock forward on L, Recover weight on R
&7&8 Rock L to the side, Recover weight on R, Rock back on L, Recover weight on R (6:00)

[S6] Shuffle Fwd, Step-Pivot 1/2L-1/2L Shuffle Back, 1/4L Fwd-Fwd

1&2 Shuffle forward on L-R-L
3 4 Step forward on R, Make a ½ turn left recover weight on L
5&6 Make a ½ turn left stepping back on R, Step L close to R, Step back on R (6:00)
7 8 Make a ¼ turn left stepping forward on L, Step forward on R (3:00)

[S7] Rocking Chair-Side Rock-Together, Reverse Rocking Chair-Side Rock-Back Rock

1&2& Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R
3&4 Rock L to the side, Recover weight on R, Step L close to R
&5&6 Rock back on R, Recover weight on L, Rock forward on R, Recover weight on L
&7&8 Rock R to the side, Recover weight on L, Rock back on R, Recover weight on L (3:00)

[S8] Fwd Rock, 1/2R Shuffle Fwd, Triple Turn, Behind, Side

1 2 Rock forward on R, Recover weight on L

3&4 Make a ½ turn right shuffle forward on R-L-R (9:00)
5&6 Full triple turn right on L-R-L (on the spot)
7 8 Step R behind L, Step L to the side

Ending: The last wall starts 6:00 o'clock, dance up to count 32 (12:00).

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 5/May/21)**
