

I'm Not Alone

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Proverbio Massimiliano (IT) - May 2023
音乐: Gotta Be Somebody - Nickelback



Sequence: A-A-tag-B-B-A-tag-B-B-A-A-B-B-B

PART A

STOMP, COASTER STEP, SHUFFLE

1-2 Stomp R fwd, recover to L
3&4 Step R back, step L together, step R fwd
5&6 Step L fwd, step R together, step L fwd
7&8 Step R fwd, step L together, step R fwd

STOMP, COASTER STEP, SHUFFLE

1-2 Stomp L fwd, recover to R
3&4 Step L back, step R together, step L fwd
5&6 Step R fwd, step L together, step R fwd
7&8 Step L fwd, step R together, step L fwd

TURN ½ LEFT, SHUFFLE TURN LEFT ½, BACKWARD SHUFFLE, ROCK BACK TURN ½, ROCK BACK TURN ½

1-2 Step R fwd, ½ turn on left
3&4 turn ¼ on left and step R to R, step L together, turn ¼ on left step R back
5&6 step back L, step R together, step back L
7&8 turn ½ on right Rock R back, recover to L, turn ½ on right step R fwd

VAUDEVILLE LEFT & RIGHT, SCISSOR STEP LEFT & RIGHT

1&2 Cross L over R, step R back left, touch L hell fwd to the left
&3&4 Recover weight on L, cross R over L, step L back left, touch R hell fwd to the right
5&6 Step R to right, step L beside R, cross L over R
7&8 Step L to left, step R beside L, cross R over L

PART B

SIDE SHUFFLE RIGHT, ROCK BACK, SIDE SHUFFLE LEFT, ROCK BACK

1&2 Step R to side, step L together, step R to side
3-4 Rock L back, recover to R
5&6 Step L to side, step R together, step L to side
7-8 Rock R back, recover to L

STEP SIDE, BEHIND, VAUDEVILLE CROSS BACK, BACK FULL TURN

1-2 Step R to side, cross L behind the R
&3 Step R to side, touch L hell fwd to the left
&4 Recover weight on L, cross R behind the L
&5 Full turn, turn on the right
6-7 Step L to side, cross R behind the L
&8 Step L to side, touch R hell fwd to the right

CROSS BACK, BACK FULL TURN, SHUFFLE X2 R&L

&-1 Recover weight on R, cross L behind the R
&2 full turn, turn on the left
3&4 Shuffle fwd right, left, right
5&6 Shuffle fwd left, right, left

7-8 Rock step R fwd, touch toe L behind R

TOUCH HEELFWD, TOE STRUT TURN, JAZZ BOX

&1&2 Recover weight on the L, touch heel R fwd, recover R end touch heel L fwd

&3-4 Recover weight on the L, touch toe R back, turn $\frac{1}{2}$ on the right, after weight on R

5-6 Cross step L over R, step R back L

7-8 Step L to left, stomp R beside L

TAG :

GRAPEVINE, ROCK BACK, SHUFFLE

1-4 Step R to side, cross L behind R, step R to side, cross L fwd R

4-8 Step right to side, step left together, step right to side, Rock left back, recover to right

ROLLING VINE JAZZ BOX

1-4 $\frac{1}{4}$ turn left step L fwd, $\frac{1}{2}$ turn L step right back, $\frac{1}{4}$ turn left step L to L, scuff

5-8 Cross R over L, step L back R, Step R to side, step L fwd

STOMP, HOLD x 3:

1-4 Stomp R, hold x3

HAVE FUN

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