

# Dance Alone

拍数: 64      墙数: 4      级数: High Intermediate  
编舞者: Hiroko Carlsson (AUS) - October 2024  
音乐: Dance Alone - Sia & Kylie Minogue : (Spotify/YouTube Music/Deezer/Apple Music)



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(Intro: 16 counts)

## [S1] Step-Lock-Step, Step-Pivot 3/4R, Side, Behind, 1/4L Step-Lock-Step

1&2      Step forward on R, Lock L behind R, Step forward on R  
3 4      Step forward on L, Make a  $\frac{3}{4}$  turn right recover weight on R (9:00)  
5 6      Step L to the side, Step R behind L  
7&8      Make a  $\frac{1}{4}$  turn left stepping forward on L (6:00), Lock R behind L, Step forward on L

## [S2] Heel Grind 1/4R Turn, Shuffle Back, Out-Out, 2x Swivet R

1 2      Touch R heel over L, Heel grind  $\frac{1}{4}$  turn right stepping back on L (9:00)  
3&4      Shuffle back on R-L-R  
5 6      Step out L to the side, Step out R to the side  
7&8&      Weight on R heel and L toe twisting R toe right and L heel left, Return to centre, Repeat twist, Return to centre with weight on right

## [S3] Fwd, Fwd, Step-Pivot 1/4R-Cross Side-Back w/ Sweep, Behind-Side-Fwd w/ Sweep, Cross-Side

1 2      Step forward on L, Step forward on R  
3&      Step forward on L, Make a  $\frac{1}{4}$  turn right recover weight on R (12:00)  
4&5      Cross L over R, Step R to the side, Step back on L and sweeping R around  
6&7      Step R behind L, Step L to the side, Step forward on R and sweeping L around  
8&      Cross L over R, Step R to the side

## [S4] Coaster Step, Step-Pivot 1/2L, 3/4L Turn, Cross Rock

1&2      Step back on L, Step R next to L, Step forward on L  
3 4      Step forward on R, Make a  $\frac{1}{2}$  turn left recover weight on L (6:00)  
5 6      Make a  $\frac{1}{2}$  turn left stepping back on R, Make a  $\frac{1}{4}$  turn left stepping L to the side (9:00)  
7 8      Rock/cross R over L, Replace weight on L

-Restart here on Wall 5

## [S5] Side, Point, 3/4L Turn, Back, Point, 1/4R-1/2R (Side Full Turn R)-

1 2      Step R to the side, Point L to the side  
3 4      Make a  $\frac{1}{4}$  turn left stepping forward on L, Make a  $\frac{1}{2}$  turn left stepping back on R (12:00)  
5 6      Step back on L, Point R to the side  
7 8      Make a  $\frac{1}{4}$  turn right stepping forward on R, Make a  $\frac{1}{2}$  turn right stepping back on L (9:00)-

## [S6] -1/4R, Point, Side Full Turn L, Box Step into-

1 2 -      Make a further  $\frac{1}{4}$  turn right stepping R to the side (12:00), Point L to the side  
3 4      Make a  $\frac{1}{4}$  turn left stepping forward on L, Make a  $\frac{1}{2}$  turn left stepping back on R (3:00)  
5 6      Make a  $\frac{1}{4}$  turn left stepping L to the side (12:00), Cross R over L  
7 8      Step back on L, Step R to the side

## [S7] -Step-Pivot 1/2R, Fwd Shuffle, Fwd Rock, Side-Together

1 2      Step forward on L, Make a  $\frac{1}{2}$  turn right recover weight on R (6:00)  
3&4      Shuffle forward on L-R-L  
5 6      Rock forward on R, Replace weight on L  
7 8      Step R to the side, Step L next to R

**[S8] Cross Rock, Hip Bump R-L, Side-Touch, 1/4R-Touch**

- 1 2 Cross R over L, Replace weight on L
- 3 4 Step R to the side and hip bump to the right, Hip bump to the left
- 5 6 Step R to the side, Touch L next to R
- 7 8 Make a ¼ turn right stepping L to the side (9:00), touch R next to L

**Restart on Wall 5 Count 32 (3:00)**

**Ending suggestion: The last wall (Wall 6) starts facing 3:00. Dance up to Section 4 count 6 (6:00).  
Touch/cross R over L, Unwind 1/2L to the front.**

**(updated: 8/Oct/24)**

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