

# Alane

拍数: 64      墙数: 2      级数: Phrased Intermediate  
编舞者: GoWildWest Isabel (CH) - March 2025  
音乐: Alane - Robin Schulz & Wes



Phrased : AB AAB AAB\*AA (B\* = Restart in A after Part 6)

Intro: 5 x 8 counts wait

Ending: you end at 6, do an unwind turn left to have face on 12

A: 32c

**Part 1: diagonal side rock, behind side cross, diagonal side rock, behind side cross**

1, 2            RF to the diagonal line right, weight back on LF  
3&4            RF cross behind LF, LF goes side left, RF cross before LF  
5, 6            LF to the diagonal line left, weight back on RF  
7&8            LF cross behind RF, RF goes side right, LF cross before RF

**Part 2: step 1/2 turn left, shuffle 1/2 turn left, back rock, kick ball cross, side rock and**

1, 2            RF step forward, turn 1/2 left (Face to 6)  
3&4            do a shuffle or triple turn 1/2 left (Face back to 12)  
5, 6            LF back rock, weight back on RF  
7&            kick with LF in cross over RF, bring LF in cross position. So you have LF right on the RF.  
8&            do with RF a side rock right, bring weight back on LF

**Part 3: heel strut & toe heel strut in a 1/4 turn left, side rock turn 1/4 left, cross shuffle**

1, 2            RF heel strut (turn 1/4 to left)  
3&4            LF toe heel strut (like canadian stomp)  
5, 6            RF side rock with 1/4 turn left, bring weight back on LF  
7+8            RF cross over LF, LF to the side left, RF cross over LF

**Part 4: toe strut, shufflee back diagonal, back rock, kick and touch**

1, 2            LF toe strut in the diagonal line backwards  
3+4            RF back, close LF next to RF, RF back  
5, 6            LF rock step back, bring weight back on RF  
7&8            LF kick, step with LF forward, touch with RF next to LF

**B B\* = Restart in A after Part 6**

**Part 5: step, lock, step-lock-step diagonal, rock recover shuffle back and change weight**

1, 2            RF goes with a step diagonal forward, LF locked little bit cross behind RF  
3&4            RF goes forward, LF close next to RF, RF goes forward  
5, 6            LF rock forward, recover weight on RF  
7&8&            LF goes back, RF close next to LF, LF goes back, change weight with a little jump from LF to RF

**Part 6: do the same like part 5 in the diagonal line left. Start with LF**

1, 2            LF goes with a step diagonal forward, RF locked little bit cross behind LF  
3&4            LF goes forward, RF close next to LF, LF goes forward  
5, 6            RF rock forward, recover weight on LF  
7&8&            RF goes back, LF close next to RF, RF goes back, change weight with a little jump from RF to LF

**Part 7 : side step, chasse right, cross rock, chasse left**

1, 2            RF to the side right, close LF next to RF

3&4 RF to the side right, close LF next to RF, RF to the side right  
5, 6 LF cross rock over RF, bring weight back on RF  
7&8 LF to the side left, close RF next to LF, LF to the side left

**Part 8 : cross, side, cross and cross, side rock, coaster turn in the diagonal right**

1, 2 RF cross before LF, bring LF behind RF  
3&4 RF cross before LF, bring LF behind RF, RF cross before LF  
5, 6 LF rock to the side left, bring weight back on RF  
7&8 LF step back, close back with RF, bring LF a step forward in the diagonal line right

**Have so much Fun**

**Last Update: 1 Apr 2025**

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