

# On My Own

拍数: 32      墙数: 4      级数: Improver  
编舞者: Zandra Varnham (SCO)  
音乐: On My Own - Reba McEntire



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## ROCK, ROCK, COASTER, STEP ½ TURN, LEFT SHUFFLE

1-2      Rock forward on right foot, recover weight back onto left  
3&4      Step back right, step left next to right, step right forward  
5-6-      Step forward on left foot, ½ turn over right shoulder  
7&8      Step left forward, step right next to left, step left forward

## ROCK, ROCK, COASTER, STEP ¾ TURN, LEFT CHASSE

1-2      Rock forward on right foot, recover weight back onto left  
3&4      Step back right, step left next to right, step right forward  
5-6      Step forward on left foot, ½ turn over right shoulder  
7&8      ¼ turning right, step left to left side, step right next to left, step left to left side

## HEEL DIGS TWICE STEP ½ TURN, FULL TRIPLE TURN

1&2&      Cross step right foot over left, step back on left foot, heel dig right heel forward, step down on right foot  
3&4&      Cross step left foot over right, step back on right foot, heel dig left heel forward, step down on left foot ¼ turning to the left  
5-6      Step forward on right foot, ½ turn over left shoulder (weight on left)  
7&8      Triple step full turn stepping right, left, right

## ¼ TURN STEP, CROSS SHUFFLE, HINGE STEP LEFT, SWAY, SWAY

1-2      Step left foot forward ¼ turn right (weight on right)  
3&4      Step left over right, step right next to left, step left over right  
5-6      Step back on right while turning ¼ turning left, step back on left while ¼ turning left  
7-8      Sway hips right, sway hips left

**REPEAT**

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