

Alone Now

拍数: 0 墙数: 0 级数:
编舞者: Mike Belk (UK)
音乐: I Think We're Alone Now - Girls Aloud



Sequence: AA B TAG AA BB AA BBB

From the Album "The Sound of Girls Aloud" (3min 17sec). Do not use the single

PART A

WALK, WALK, SHUFFLE FORWARD, STEP TURN $\frac{1}{4}$, CROSS SHUFFLE

1-2 Walk forward left, right
3&4 Step forward left, step right next to left, step forward left
5-6 Step forward right, turn $\frac{1}{4}$ left onto left
7&8 Cross right over left, step left to left side, cross right over left

SIDE TOGETHER, CHASSE LEFT $\frac{1}{4}$ TURN, ROCK RECOVER, $\frac{1}{4}$ TURN TOGETHER $\frac{1}{4}$ TURN SIDE

1-2 Step left to left side, step right next to left
3&4 Step left to left side, step right next to left, step left side turning $\frac{1}{4}$ left
5-6 Rock forward right, recover onto left
7&8 Turn $\frac{1}{4}$ turn right stepping right, step on left next to right, step on right turning $\frac{1}{4}$ right

CROSS ROCK RECOVER, CHASSE LEFT, ROCK BACK RECOVER, STEP TURN STEP

1-2 Cross left over right, recover onto right
3&4 Step left to left side, step right next to left, step left to left side
5-6 Rock back on right, recover forward onto left
7&8 Step forward on right, pivot $\frac{1}{2}$ turn left onto left, step forward onto right

TOUCH, TOUCH, SAILOR STEP, TOUCH, TOUCH, SAILOR STEP

1-2 Touch left toe forward, touch left toe to left side
3&4 Step left behind right, step right to right side, step left to left side
5-6 Touch right toe forward, touch right toe to right side
7&8 Step right behind left, step left to left side, step right to right side

PART B (DANCED AT EACH CHORUS)

CROSS SIDE, BEHIND SIDE CROSS, ROCK RECOVER, CROSS SHUFFLE

1-2 Cross left over right, step right to right side
3&4 Step left behind right, step right to right side, cross right over left
5-6 Rock right to right side, recover onto left
7&8 Cross right over left, step left to left side, cross right over left

ROCK RECOVER, BEHIND $\frac{1}{4}$ TURN STEP, WALK, WALK, MAMBO $\frac{1}{4}$ TURN

1-2 Rock left to left side, recover onto right
3&4 Step left behind right, step right to right side turning $\frac{1}{4}$ right, step forward left
5-6 Walk forward right, left
7&8 Rock forward onto right, recover onto left turning $\frac{1}{4}$ left, step right next to left

SIDE TOGETHER, CHASSE LEFT, ROCK BACK RECOVER, $\frac{1}{4}$ TURN CHASSE RIGHT

1-2 Step left to left side, step right next to left
3&4 Step left to left side, step right next to left, step left to left side
5-6 Rock back onto right, recover forward onto left
7&8 Step forward right turning $\frac{1}{4}$ left, step left next to right, step right to right side

SIDE BEHIND, & HEEL & CROSS, ROCK RECOVER, SAILOR STEP

- 1-2 Step left to left side, step right behind left
&3&4 Step left in place, step right heel diagonally forward, step right in place, cross left over right
5-6 Rock right to right side, recover onto left
7&8 Step right behind left, step left to left side, step right to right side

REPEAT

TAG

Once only after first B

ROCK RECOVER, COASTER STEP TWICE

- 1-2 Rock forward left, recover onto right
3&4 Step back left, step back right, step forward left
5-6 Rock forward onto right, recover onto left
7&8 Step back right, step back left, step forward right

ENDING

As music fades, to finish facing front, on last B, dance steps 7&8 right sailor steps with ½ turn right
