

# Alane

COPPER KNOB  
STEPPERS

拍数: 64                      墙数: 4                      级数: Improver  
编舞者: Helen O'Malley (IRE)  
音乐: Alane (Radio Version) - Wes



Intro: 16 counts. Start on vocals □

## S1. Heel Rock, Sweep Step, ½ turn Shuffle, Forward Shuffle

1 -2                      Rock forward on L heel, Recover on R  
Optional Hands: On heel rock sweep hands out to sides & up with palms facing floor  
&3&4                      Sweep L back, Step on L, Sweep R back, Step on R  
5&6                      L ½ turn Shuffle forward  
7&8                      R shuffle forward

## S2. Rock Step, Shoulder Shimmy, ½ turn Shuffle

9-10                      L rock forward, Recover on R  
11-12                      L step back, Shimmy Shoulders  
13-14                      R step back, Shimmy Shoulders  
15&16                      L ½ turn shuffle forward

## S3. Heel Rock, Sweep Step, ½ turn Shuffle, Forward Shuffle

17-18                      Rock forward on R heel, Recover on L  
Optional Hands: On heel rock sweep hands out to sides & up with palms facing floor  
&19&20                      Sweep R back, Step on R, Sweep L back, Step on L  
21&22                      R ½ turn shuffle forward  
23&24                      L shuffle forward

## S4. Rock Step, Shoulder Shimmy, ½ turn Shuffle

25-26                      R rock forward, Recover on L  
27-28                      R step back, Shimmy Shoulders  
29-30                      L step back, Shimmy Shoulders  
31&32                      R ½ turn shuffle forward

## S5. Cross Rock, Sailor Step, Weave Step, ¼ turn

33&34                      Cross rock L over R, Recover on R, Step L to L side  
35&36                      R behind L, Step L to L side, Step R to R side  
37-38                      Cross L over R, Step R to R side  
39-40                      Cross L behind R, Step R ¼ turn R

## S6. ½ Turn Pivot, Triple Full Turn, Forward Shuffles

41-42                      L step forward, ½ turn pivot R  
43&44                      ½ turn R stepping back on L, ½ turn R stepping forward on R L step forward  
45&46                      R shuffle forward  
47&48                      L shuffle forward

## S7. □ Forward Steps, Applejacks x2 □

49-50                      R step forward, Step L beside R  
&51                      Taking the weight on R toe & L heel swivel to L, Return to centre  
&52                      Taking the weight on L toe & R heel swivel to R, Return to centre  
53-56                      Repeat Steps 49 – 52

\*\*\* Hands □ While dancing Applejacks &51&52, &55&56, hands are joined in the praying position, elbows raised to sides, rock arms L to R

**S8. Kickball Heel, ½ Turn Pivot, Toe Taps & Finger Clicks**

57&58            R kick forward, Step on R, L heel forward,  
&59-60           L step beside R, R step forward, ½ turn pivot L  
61-63            Tap R toe forward x3 Clicking fingers on each tap  
64                Step on R , click fingers  
\*\*\*☐Fingers clicks at 12, 1, 2, 3 o'clock

**Enjoy, Smile and remember – Dance like no one is watching! Helen**

**Last Update - 22nd Dec. 2015**

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