

# All Alone

拍数: 60      墙数: 2      级数: Intermediate/Advanced  
编舞者: Simon Ward (AUS)  
音乐: We're All Alone - Newton



- 1-2      Rock/step right forward, rock/step left back  
3&4      Triple step in place right-left-right turning full turn right  
5-6      Rock/step left forward, rock/step right back  
7&8      Step left back, step right beside left, step left forward (coaster step)
- 1-2      Cross/step right over left, spin full turn left taking weight onto left  
&3-4      Step right to slightly to right, step left slightly to left, hold  
5-8      Swing hips right-left-right-left
- 1&2      Step right behind left, step left slightly to left, take weight onto right (sailor step)  
&3-4      Step left beside right, rock right to right side, replace/rock weight on left  
5&6      Step right behind left, step left slightly to left, take weight onto right (sailor step)  
7-8      Cross/step left over right, unwind  $\frac{1}{2}$  turn right taking weight onto right
- 1&2      Shuffle forward left, right, left  
3-4      Step right forward, pivot  $\frac{1}{2}$  turn left taking weight onto left foot  
5-8      Step right forward, step left forward, turn  $\frac{1}{4}$  turn right & step right forward, touch left next to right
- The next four counts are a slide/chug motion, be sure to pop the knee on the toe touches**  
1-4      Step left back & touch right toe beside left, step right back & touch left toe beside right, repeat  
5&6      Shuffle forward left-right-left  
7&8      Turn a  $\frac{1}{4}$  turn left & shuffle to right side right-left-right
- 1&2      Step left behind right, step right slightly to right, take weight onto left (sailor step)  
3-4      Lock right behind left, unwind & pivot a full turn right (finish turn facing left corner-315 degrees turn right)  
5-6      Step left forward on left diagonal, touch right toe behind left  
7&8      Step right back, step left beside right, step right forward (coaster step on diagonal)
- 1-2      Step left forward, pivot  $\frac{1}{2}$  turn right taking weight onto right foot (still on diagonal)  
3&4      Shuffle forward on diagonal left-right-left  
5-6      Step right forward, touch left toe behind right  
7-8      Step back left-right - turning to your right & to starting wall
- 1-2      Rock/step left forward, rock/step right back  
&3-4      Step left beside right, step right forward, pivot  $\frac{1}{2}$  turn left taking weight onto left

**REPEAT**

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