

Alone

拍数: 32 墙数: 4 级数: Beginner
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音乐: Alone - Bee Gees



RIGHT KICK BALL CHANGE, ROLLING RIGHT GRAPEVINE, LEFT KICK BALL CHANGE

- 1&2 Kick right foot forward, step right foot together, step left foot together
- 3 Step right foot to right side turning $\frac{1}{4}$ right
- 4 Turn $\frac{1}{4}$ right on right foot and place weight on left foot
- 5 Pivot $\frac{1}{2}$ right on left foot and place weight on right foot (completing full turn)
- 6 Touch left foot slightly to left side
- 7&8 Kick left foot forward, step left foot together, step right foot together

ROLLING LEFT GRAPEVINE, JAZZ BOX WITH $\frac{1}{2}$ RIGHT TURN

- 1 Step left foot to left side turning $\frac{1}{4}$ left
- 2 Turn $\frac{1}{4}$ left on left foot and place weight on right foot
- 3 Pivot $\frac{1}{2}$ left on right foot and place weight on left foot (completing full turn)
- 4 Touch right foot slightly to right side
- 5-6 Cross right over left, step back on left
- & Step right next to left
- 7-8 Step left forward, pivot on balls of both feet $\frac{1}{2}$ turn on the right(weight ends on left)

CROSS SHUFFLE, SIDE ROCK, RIGHT WEAVE WITH $\frac{1}{4}$ RIGHT TURN

- 1&2 Cross step right foot over left, step left foot together, cross step right foot over left
- 3-4 Step left to left side, rock weight on right
- 5-6 Step left across right, step right to right
- 7-8 Step left behind right, turn $\frac{1}{4}$ to right and step forward on right

LEFT FORWARD SHUFFLE, ROCKING CHAIR, RIGHT HOOK ACROSS LEFT, HOLD

- 1&2 Step forward on left, close right to left, step forward on left
- 3-4 Rock step right forward, recover weight back on left
- 5-6 Rock step right back, recover weight forward on left
- 7-8 Hook right up across front of left shin (weight on left), hold

REPEAT
