

We're Not Alone

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Esmeralda van de Pol (NL) & Sue Ridder (NL) - December 2007
音乐: No Estamos Solos - Eros Ramazzotti & Ricky Martin
或: No Estamos Solos (Non siamo soli) (Spanish Version) - Eros Ramazzotti & Ricky Martin



Intro 16 counts, start on vocals

SIDE MAMBO RIGHT & LEFT, RIGHT MAMBO ½ TURN, STEP-1/2 PIVOT-STEP

1&2 Rock right to right side, recover onto left, step right next to left
3&4 Rock left to left side, recover onto right, step left next to right
5&6 Rock forward right, recover onto left, turn ½ right on stepping forward onto right
7&8 Step forward on left, pivot ½ turn to right, step forward on left (12:00)

CROSS ROCK, SIDE ROCK, CROSS & CROSS & CROSS, ½ TURN, SAILOR ¼ TURN

1&2& Cross-rock right over left, recover onto left, rock right to right side, recover onto left
3&4& Cross-step right over left, step left to left side, cross-step right over left, step left to left side
5,6 Cross-step right over left, pivot ½ turn to left taking weight on right (6:00)
7&8 Turn another ¼ left stepping left behind right, step right to right side, step left to left side (3:00)

SAMBA TWINKLES RIGHT & LEFT, KICK-BALL STEP SIDEWAYS X2

1&2 Cross-step right over left, step left to left side, step right to right side
3&4 Cross-step left over right, step right to right side, step left to left side
5&6 Kick right to left diagonal, step right right to right side, step left next to right
7&8 Kick right to left diagonal, step right right to right side, step left next to right

ROCK & CROSS RIGHT & LEFT, FORWARD MAMBO, COASTER ¼ TURN LEFT

1&2 Rock right to right side, recover onto left, cross-step right over left
3&4 Rock left to left side, recover onto right, cross-step left over right
5&6 Rock forward on right, recover onto left, step right next to left
7&8 Turn ¼ left and step left back, step right next to left, step left forward

SIDE MAMBO, FORWARD LOCK STEP, FORWARD MAMBO, COASTER ¼ TURN LEFT

1&2 Rock right to right side, recover onto left, step right next to left
3&4 Step forward on left, lock right behind, step forward left
5&6 Rock forward on right, recover onto left, step right next to left
7&8 Turn ¼ left and step left back, step right next to left, step left forward

Begin again.

Tag : after 1st wall:

1 – 4 Touch right forward, sway hips forward, back, forward, back, ending with weight on left

Restarts:

During second wall, restart the dance after 28 counts (12 o'clock wall)

During the fourth wall, restart after 36 counts (9 o'clock wall)

During the 5th wall, restart after 30 counts, on count 30 (mambo) touch right next to left

Note: the restarts are less complicated than they sound, you can hear them on the music!
Try it and enjoy!

