

All On My Lonesome

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Dougie D (UK) - September 2008
音乐: On My Own - Reba McEntire : (CD: Starting Over)



Start dancing on lyrics

Rumba Box With Shuffles

1-2 Step left to side, step right beside left
3&4 Shuffle forward, stepping left, right, left
5-6 Step right to side, step left beside right
7&8 Shuffle back, stepping right, left, right

Step Left To Left, Right Behind Left, Step Left To Left With ¼ Turn Left And Shuffle Forward, Step Forward On Right, ½ Turn Left, Shuffle Forward

1-2 Step left to side, cross right behind left
3&4 Step left to side with ¼ turn left, shuffle forward, stepping left, right, left
5-6 Step forward on right, pivot ½ turn left
7&8 Shuffle forward, stepping right, left, right

Cross Rock Left Over Right, Short Vine Left, Side Rock On Left, Cross Shuffle To Right

1-2 Cross rock left over right, recover on right
3-4 Step left to side, cross right over left
5-6 Rock left out to left side, recover on right
7&8 Cross shuffle right, stepping left, right, left

Cross Right Over Left, Pivot ½ Left, Back Rock, Forward Mambo, Back Mambo

1-2 Cross right over left, pivot ½ turn left
3-4 Rock left back, recover on right
5&6 Step forward on left, step right in place, step left beside right
7&8 Step right back, step left in place, step right beside left

Side Rock To Left, Vine Right, Cross Rock

1-2 Rock left to side, recover on right
3-4 Cross left over right, step right to side
5-6 Cross left behind right, step right to side
7-8 Cross rock left over right, recover on right

Vine To Left, Rock To Left, Rock To Right

1-2 Step left to side, cross right over left
3-4 Step left to side, cross right behind left
5-6 Step left to side, cross right over left
7-8 Rock left to side, rock right to side

Repeat
