

Standing Alone

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Sandra Speck (UK) - March 2011
音乐: The Story of Us - Taylor Swift : (CD: Speak Now - Bonus Track)



DANCE STARTS 40 COUNTS IN ON VOCALS, APPROX 17 SECONDS.

SIDE BEHIND ¼, STEP PIVOT ½, LEFT LOCK STEP

- 1 – 2 Step right to right side, step left behind right
- 3 – 4 Turn ¼ right stepping forward on right foot, step forward on left foot
- 5 – 6 Pivot ½ turn right transferring weight to right, step forward on left (9o'clock)
- 7 – 8 Lock right behind left, step forward on left foot

ROCK FORWARD RECOVER, BACK STRUT, ½ STRUT, STEP PIVOT ½

- 1 – 2 Step forward on to right foot, recover on to left foot
- 3 – 4 Step back on right toe, drop heel to floor
- 5 – 6 Turn ½ left stepping forward on to left toe, drop heel to floor
- 7 – 8 Step forward on right foot, pivot ½ turn left transferring weight to left foot

CROSS SIDE BEHIND POINT, WEAWE TO RIGHT

- 1 – 2 Cross right foot over left, step left to left side
- 3 – 4 Cross right behind left, point left to left side
- 5 – 6 Cross left over right, step right to right side
- 7 – 8 Cross left behind right, step right to right side

CROSS SIDE BEHIND POINT, CROSS SIDE BEHIND ¼ LEFT

- 1 – 2 Cross left over right, step right to right side
- 3 – 4 Cross left behind right, point right to right side
- 5 – 6 Cross right in front of left, step left to side
- 7 – 8 Cross right behind, turn ¼ left stepping forward on left foot (6 o'clock)

STEP PIVOT ½ X 2, STEP KICK BACK HOOK

- 1 – 2 Step forward on right, pivot ½ left transferring weight to left
- 3 – 4 Step forward on right, pivot ½ left transferring weight to left
- 5 – 6 Step forward on right, kick left foot forward
- 7 – 8 Step back on left, * hook right foot in front of left

***On wall 3 replace hook with a touch, and add tag**

STEP SCUFF CROSS ¼ BACK, SIDE TOUCH X 2

- 1 – 2 Step forward on right foot, scuff left foot next to right
- 3 – 4 Cross left in front of right, turn ¼ left stepping back on right foot (3 o'clock)
- 5 – 6 Step left to side, touch right next to left
- 7 – 8 Step right to side, touch left next to right

SIDE ROCK, STEP HITCH, BACK ½ LEFT, STEP HITCH

- 1 – 2 Step left to left side, recover on to right foot (facing towards right diagonal) (4.30)
- 3 – 4 Step forward on left, hitch right knee next to left (still facing right diagonal)
- 5 – 6 Step back on right foot, turn ½ left stepping forward on left foot (facing left diagonal) (10.30)
- 7 – 8 Step forward on right foot, hitch left knee next to right (still facing left diagonal)

BACK TOUCH, STEP SWEEP, CROSS 1/8, ¼ TOUCH

- 1 – 2 Step back on left foot, touch right foot next to left
- 3 – 4 Step forward on right, sweep left foot from back to front (still facing left diagonal)

- 5 – 6 Cross left foot over right, turn 1/8 left stepping back on right
7 – 8 Turn ¼ left stepping forward on left, touch right next to left (6 o'clock)

Tag wall 3

Dance up to count 7 section 5, then touch right foot next to left then the following tag:-

- 1 – 8 Grapevine ¼ turn right, step pivot ½ , ¼ behind side,
1 – 2 Step right to side, cross left behind right
3 – 4 Turn ¼ right stepping forward on right, step forward left
5 – 6 Pivot ½ right transferring weight to right, turn ¼ right stepping left to left side
7 – 8 Cross right behind left, step left to left side

START DANCE AGAIN FROM THE BEGINNING FACING 6 O'CLOCK

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