

You're Not Alone

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
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音乐: You're Not Alone (Disco Version) - BWO : (CD: Big Science)



Intro: 32 Counts (Approx. 14 Secs)

BALL, CROSS, SIDE. SAILOR STEP. CROSS, SIDE. SAILOR ¼ TURN L.

- & 1 – 2 Step left next to right, cross step right over left, step left to the left.
- 3 & 4 Cross step right behind left, step left to the left, step right to the right.
- 5 – 6 Cross step left over right, step right to the right.
- 7 & 8 Make a ¼ turn left stepping; left behind right, right next to left, forward with left. (9 o'clock)

KICK BALL POINT. KICK BALL POINT. HEEL SWITCHES. STEP, BRUSH.

- 1 & 2 Kick right foot forward, step right next to left, point left to the left.
- 3 & 4 Kick left foot forward, step left next to right, point right to the right.
- 5 & 6 & Tap right heel forward, step right next to left, tap left heel forward, step left next to right.
- 7 – 8 Step forward with right, brush left foot forward. (9 o'clock)

SHUFFLE FORWARD. FORWARD ROCK. SHUFFLE ½ TURN R. SHUFFLE FORWARD.

- 1 & 2 Step forward with left, close right up to right, step forward with left.
- 3 – 4 Rock forward with right, recover onto left.
- 5 & 6 Shuffle a ½ turn right stepping; right, left, right.
- 7 & 8 Step forward with left, close right up to left, step forward with left. (3 o'clock)

SIDE ROCK ¼ TURN L. FULL TURN L. FORWARD ROCK. COASTER STEP.

- 1 – 2 Rock right to the right, make a ¼ turn left recovering onto left.
- 3 – 4 Make a full turn left stepping; back with right (½), forward with left (½).
- 5 – 6 Rock forward with right, recover onto left.
- 7 & 8 Step back with right, step left next to right, step forward with right. (12 o'clock)

OUT, OUT. SAILOR POINT. BALL, CROSS, BACK ¼ TURN R. CHASSE RIGHT.

- 1 – 2 Step forward and out with left, step forward and out with right.
- 3 & 4 Cross step left behind right, step right to the right, point left to the left. (*R1*)
- & 5 – 6 Step left next to right, cross step right over left, make a ¼ turn right stepping back with left.
- 7 & 8 Step right to the right, close left up to right, step right to the right. (3 o'clock)

CROSS, MONTEREY ¼ TURN R. BALL, WALK, WALK. MAMBO FORWARD.

- 1 – 2 Cross step left over right, point right to the right.
- 3 – 4 Make a ¼ turn right stepping right next to left, point left to the left. (*R2*)
- & 5 – 6 Step left next to right, walk forward; right, left.
- 7 & 8 Rock forward with right, recover onto left, step right next to left. (6 o'clock)

WALK; BACK, BACK. COASTER CROSS. SIDE, BEHIND. CHASSE ¼ TURN R.

- 1 – 2 Walk back; left, right.
- 3 & 4 Step back with left, step right next to left, cross step left over right.
- 5 – 6 Step right to the right, cross step left behind right.
- 7 & 8 Step right to the right, close left up to right, make a ¼ turn right stepping forward with right. (9 o'clock)

STEP, PIVOT ½ TURN R. SHUFFLE ¼ TURN R. BEHIND, SIDE, CROSS, TOUCH.

- 1 – 2 Step forward with left, pivot a ½ turn right.
- 3 & 4 Shuffle a ¼ turn right stepping; left, right, left.

5 – 8 Cross step right behind left, step left to the left, cross step right over left, touch left next to right. (6 o'clock)

End of Dance!

TAG At the end of Wall 1, add the following four count TAG.

& 1 – 2 Step left next to right, cross step right over left, step back with left.

3 – 4 Step right to the right, touch left next to right.

RESTART 1:- On Wall 3, restart the dance after 36 Counts facing 12 o'clock.

RESTART 2:- On Wall 5, restart the dance after 44 Counts facing 12 o'clock.
