

Alone

拍数: 32 墙数: 4 级数: Beginner
编舞者: Theresa Chang (TW) - February 2013
音乐: 1~2~3 - Chan Ya-Wen (詹雅雯)



Intro: 32 Counts /19 Secs (Start on Main Vocals).

[1-8] Walks, Shuffle,

1-2 Walk Fwd on R, Walk Fwd on L
3&4 Step R Fwd, Step L behind R, Step R Fwd
5-6 Walk Fwd on L, Walk Fwd on R
7&8 Step L Fwd, Step R behind L, Step L Fwd

[9-12]Rock,Shuffle, Making 1/2 turn left

1-2 Rock fwd on R, Recover on L,
3&4& Step R Back, Step R behind L, Step R Back, Make 1/2turn left

[13-20] Walks, Shuffle,

1-2 Walk Fwd on R, Walk Fwd on L
3&4 Step R Fwd, Step L behind R, Step R Fwd
5-6 Walk Fwd on L, Walk Fwd on R
7&8 Step L Fwd, Step R behind L, Step L Fwd

[21-24] cross, Making 1/4 turn right

1-2 Rock cross back on L ,Step R Make 1/4 turn R
3&4 Step side on L, Step together with R,Step side on L

[25-32] Lindy Step

1&2 R to R, RL together to R,
3&4 L Rock back , Recover on R
5&6 L to L, LR together to L,
7&8 R Rock back, Recover on L

Repeat

Tag A: 8 counts [on Wall 5 (12.00) after 12 Counts (1:30:6-1:34:3Secs)

[1-8] Walks, Shuffle,

1-2 Walk Fwd on R, Walk Fwd on L
3&4 Step R Fwd, Step L behind R, Step R Fwd
5-6 Walk Fwd on L, Walk Fwd on R
7&8 Step L Fwd, Step R behind L, Step L Fwd

***Restart: on Wall 5 (12.00) after Tag A.**

Tag B: 24 counts [on Wall 10 (12.00) after 12 Counts (2'45-3:00Secs)

[1-8] Walks, Shuffle,

1-2 Walk Fwd on R, Walk Fwd on L
3&4 Step R Fwd, Step L behind R, Step R Fwd
5-6 Walk Fwd on L, Walk Fwd on R
7&8 Step L Fwd, Step R behind L, Step L Fwd

[9-16] Weave, Out

1-2 Step R side, L behind R,
3-4 Step R side, L cross R,

5-6 Step R side, L beside to R,
7&8 Step side on R, L, R

[17-24] Weave, Out

1-2 Step L side, R behind L,
3-4 Step L side, R cross L,
5-6 Step L side, R beside to L,
7&8 Step side on L, R, L

Enjoy the dance!

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