

Not Alone

COPPER **NOB**
STEPSHEETS

拍数: 16 墙数: 4 级数: Improver - Smooth NC
编舞者: Ronald "RONNIE" Grabs (DE) - June 2014
音乐: You Are Not Alone - Michael Jackson



NIGHTCLUB SIDE BASIC / NIGHTCLUB SIDE BASIC / 1/8 R STEP-SWEEP / 1/4 L STEP-SWEEP

- 1,2& step right foot to side, cross step left slightly behind right (3rd), cross step right foot in front of left (5th),
- 3,4& step left foot to side, cross step right slightly behind left (3rd), cross step left foot in front of right (5th),
- 5,6& turn 1/8 to right (face 1:30) stepping right foot forward and sweep left foot from back to front, cross step left foot in front of right, step right foot slightly back,
- 7,8& turn 1/4 to left (face 10:30) stepping left foot forward and sweep right foot from back to front, cross step right foot in front of left, step left foot slightly back,

3/8 R STEP / STEP-1/2 PIVOT R / CROSS LUNGE / CROSS LUNGE / CROSS LUNGE-1/4 L STEP

- 1,2& turn 3/8 right (face 3:00) stepping right foot forward, step left foot forward, 1/4 turn right (face 6:00) stepping right foot in place
- 3,4& cross lunge rock step with left across right foot bending left knee and turn right shoulder forward, recover weight back on right foot, step left foot to left side,
- 5,6& cross lunge rock step with right across left foot bending right knee and turn left shoulder forward, recover weight back on left foot, step right foot to right side,
- 7,8& cross lunge rock step with left across right foot bending left knee and turn right shoulder forward, recover weight back on right foot, turn 1/4 left (face 3:00) stepping left foot slightly forward,

REPEAT

Contact: www.line-fire.de
