

Alone

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alexis Strong (UK) & Heather Barton (SCO) - March 2016
音樂: Alone - Bee Gees : (iTunes)



Start on vocals (32 count intro)

[1-8] TOUCH RIGHT HEEL FORWARD, POINT RIGHT TOE BACK FORWARD RIGHT SHUFFLE, LEFT PIVOT 1/2 TURN, 1/2 TURN SHUFFLE.

1-2 Touch R Heel Fwd (1) Point R Toe Back (2)
3&4 Step R Fwd (3) Step L To R (&) Step R Fwd (4)
5-6 Step L Fwd (5) Pivot 1/2 Turn R, Weight On R (6)
7&8 Making 1/2 Turn Step On L (7) Step R To L (&) Step Back On L (8) FACING 12.00

[9-16] STEP BACK, SWEEP LEFT, BEHIND SIDE CROSS, SWAY RIGHT, SWAY LEFT, RIGHT SCISSOR CROSS.

1-2 Step Back On R (1) Sweep L Front To Back (2)
3&4 Cross L Behind R (3) Step R To R (&) Cross L Over R (4)
5-6 Sway R (5) Sway L (6)
7&8 Rock R To R (7) Step L To R (&) Cross R Over L (8) FACING 12.00

[17-24] ¼ TURN OVER R, SHUFFLE FWD LEFT, STEP ¼ L, CROSS SHUFFLE

1-2 ¼ turn r step back on left, (1) ½ turn R step R fwd (2)
3&4 Step L forward,(3) step R behind L (&), step L forward (4)
*****TAG 2
5,6 Step Right forward (5) , ¼ turn Left (6)
7&8 Cross R Over L (7) Step L To L (&) Cross R Over L (8) FACING 6.00

*****TAG 1

[25-32] ¼ TOE STRUT RIGHT, ½ TOE STRUT RIGHT, LEFT KICK BALL STEP FWD, STEP FWD, L TWIST

1,2 ¼ turn R placing L toe (1) then L heel down (2)
3,4 ½ turn R step fwd R toe (3) then place R heel down (4)
5&6 Kick L fwd (5) , bring beside R (&) , step R fwd (6)
7&8 step Left fwd (7) ,twist both heels out (&) then in (8) FACING 3.00

[33-40] LEFT BACK LOCK, LEFT BACK LOCK BACK, RIGHT BACK LOCK, RIGHT BACK LOCK BACK.

1-2 Step Back On L (1) Cross R Over L (2)
3&4 Step Back On L (3) Cross R Over L (&) Step Back On L (4)
5-6 Step Back On R (5) Cross L Over R (6)
7&8 Step Back On R (7) Cross L Over R (&) Step Back On R (8)

[41-48] LEFT ROCK BACK, RECOVER, LEFT STEP 1/4 TURN, LEFT CROSS, RIGHT SIDE, BEHIND, SIDE, CROSS.

1-2 Rock Back On L (1) Recover Fwd On R (2)
3-4 Step L Fwd (3) Pivot 1/4 Turn R, Weight On R (4)
5-6 Cross L Over R (5) Step R To R Side (6)
7&8 Cross L Behind R (7) Step R To R (&) Cross L Over R (8) FACING 6.00

[49-56] SWAY RIGHT, SWAY LEFT, RIGHT SAILOR STEP MOVING SLIGHTLY BACK, SAILOR LEFT MOVING SLIGHTLY BACK, TOUCH RIGHT BEHIND, UNWIND 1/2 TURN RIGHT.

1-2 Sway R (1) Sway L (2)
3&4 Moving Slightly Back, Cross R behind L (3) Step L To L (&) Step R To R (4)
5&6 Moving Slightly Back, Cross L Behind R (5) Step R To R (&) Step L To L (6)

7-8 Touch R Toe Behind (7) Unwind 1/2 Turn R, Weight On R (8) FACING 12.00

[57-64] LEFT ROCK RECOVER 1/2, STEP RIGHT FORWARD, FORWARD LEFT ROCK, RECOVER, TRIPLE 3/4 TURN LEFT.

1-2 Rock Fwd L (1) Recover On R (2)

3-4 Making 1/2 Turn L, Step On L (3) Step Fwd R (4)

5-6 Rock Fwd On L (5) Recover On R (7)

7&8 Making 3/4 Turn L Step On L (7) Step On R (&) Step Fwd On L (8) FACING 9.00

Tag 1 (wall 3 after count 24 FACING 12.00)

[1-4] LEFT SIDE ROCK, RECOVER, BACK LEFT COASTER STEP.

1-2 Left Side Rock (1) Recover On R (2)

3&4 Step Back On L (3) Step Back On R (&) Step Fwd On L (4)

RESTART AFTER TAG

Tag 2 (wall 6 after count 20 FACING 3.00)

[1-4] RIGHT ROCKING CHAIR

1-2 Rock R Fwd (1) Recover On L (2)

3-4 Rock Back On R (3) Recover On L (4)

RESTART AFTER TAG

Enjoy.

Last Update - 12th March 2016
