

# 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**

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