

Alone

拍數: 48 牆數: 2 級數: Improver
編舞者: Vanessa H - April 2016
音樂: Alone - Hollyn



S1: Touch right out in out, walk back right left, right coaster, walk forward left right

1&2 touch right toe to side, touch right toe next to left, touch right toe to side
3-4 step right back, step left back
5&6 step right back, step left beside right, step right forward
7-8 step left forward, step right forward □ (12:00)

S2: Left forward mambo, step right side touch left, left grapevine, sway hips left right left

1&2 step left forward, step right back, step left beside right
3-4 step right to side, touch left beside right
5&6 step left to side, step right behind left, step left to side swaying hips to left
7-8 sway hips to right, sway hips to left □ (12:00)

S3: Right side shuffle, back rock, left forward shuffle, forward rock recover

1&2 step right to side, step left beside right, step right to side
3-4 rock left back, recover to right
5&6 step left forward, step right beside left, step left forward
7-8 rock right forward, recover to left □ (12:00)

S4: Right coaster, left forward rock ¼ turn right, cross and cross, rock right side recover

1&2 step right back, step left beside right, step right forward
3-4 step left forward, recover to right turning ¼ to the right
5&6 cross left over right, step right to side, cross left over right
7-8 rock right to side, recover to left □ (3:00)

S5: Right coaster, left heel step, right rocking chair step back, left back rock recover

1&2 step right back, step left beside right, step right forward
3-4 touch left heel forward, step down on left foot
5&6 rock right forward, recover to left, step right back
7-8 rock left back, recover to right □ (3:00)

S6: Left forward rock ¼ turn cross, side rock recover, skate right, left, right, left

1&2 step left forward, recover to right turning ¼ to the right, cross left over right
3-4 rock right to side, recover to left
5-6 skate right forward diagonal, skate left forward diagonal
7-8 skate right forward diagonal, skate left forward diagonal □ (6:00)

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