All By My Lonesome

級數: High Beginner

編舞者: Yvonne Krause (USA) - October 2017

音樂: All By My Lonesome - Billy Yates

[1-8] ROCK RECOVER, SHUFFLE RIGHT, ROCK RECOVER, SHUFFLE LEFT

- 1-2 3&4 Cross right over left, recover onto left, shuffle right stepping right, left, right.
- Cross left over right, recover onto right, shuffle left stepping left, right, left. 5-67&8

[9-16] JAZZ BOX INTO WEAVE

拍數: 64

- 1-4 Cross right over left, step back on left, step right to right side, cross left over right.
- 5-8 Step right to right side, step left behind right, step right to right side, cross left over right.

[17-24] FORWARD OPEN RUMBA BOX

- 1-4 Step right to right side, step left beside right, step forward on right, hold.
- 5-8 Step left to side, step right beside left, step forward left, on ball of left foot pivot ¼ rt. (6:00)

[25-32] REVERSE OPEN RUMBA BOX

- 1-4 Step right to right side, step left next to right, step back on right, hold.
- 5-8 Step left to left side, step right next to left, step back on left, hold. (3:00)

[33-40] ROCK BACK RECOVER, SHUFFLE FORWARD, STEP HOLD & STEP HOLD

- 1-2 Rock back on right, rock forward on left.
- 3&4 Shuffle forward stepping right, left, right.
- 5-6 & Step forward on left, hold, step forward on right.
- 7-8 Step forward on left, hold.

[41-48] PIVOT ¼ LEFT, ROCKING CHAIR, WALK WALK

- Step forward on right, pivot 1/4 left. 1-2
- 3-6 Rock forward on right, rock back on left, rock back on right, rock forward on left.
- 7-8 Walk forward right, left. (12:00)

[49-56] SCISSOR STEPS RIGHT & LEFT

- 1-4 Rock right to right side, recover onto left, cross right over left, hold.
- 5-8 Rock left to left side, recover onto right, cross left over right, hold.

[56-64] TWO ¼ TURN MONTEREY STEPS

- Point right to side and on ball of left foot make a 1/4 turn right stepping down on right. 1-2
- 3-4 Point left to side, step left beside right.
- 5-6 Point right to side and on ball of left foot make a 1/4 turn right stepping down on right.
- 7-8 Point left to side, step left beside right. (6:00)

May You Always Dance Like No One Is Watching

Contact: ykrause@yahoo.com





牆數: 4