

You're Not Alone

拍數: 32 牆數: 2 級數: Improver
編舞者: Anita Lazaroms (NL) - January 2018
音樂: You're Not Alone - Chad Brownlee



#16 counts intro

CROSS ROCK, REC, SIDE SHUFFLE, CROSS ROCK, REC., SIDE SHUFFLE

1 2 cross rock R over L (1), recover on L (2)
3 & 4 step R to R side (3), step L next to R (&), step R to R side (4)
5 6 cross rock L over R (5), recover on R (6)
7 & 8 step L to L side (7), step R next to L (&), step L to L side (8) (12:00)

CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS SHUFFLE

1 2 cross R over L (1), step L to L side (2)
3 4 cross R behind L (3), sweep L from front to back (4)
5 6 cross L behind R (5), step R to R side (6)
7 & 8 cross L over R (7), step R to R side (&), cross L over R (8) (12:00)

SIDE ROCK, ¼ TURN L, SHUFFLE FWD, PIVOT ½ TURN R, SHUFFLE FWD

1 2 rock R to R side (1), recover with ¼ turn L (2) (09:00)
3 & 4 step R forward (3), step L next to R (&) step R forward (4)
5 6 step L forward (5), ½ turn right (6) (03:00)
7 & 8 step L forward (7), step R next to L (&), step L forward (8) (03:00)

ROCKING CHAIR, PIVOT ½ TURN L, PIVOT ¼ TURN L

1 2 rock R forward (1), recover on L (2)
3 4 rock R back (3), recover on L (4)
5 6 step R forward (5), ½ turn L (6) (09:00)
7 8 step R forward (7), ¼ turn L (8) 06:00

Tag & Restart on wall 4

Dance to count 14. Replace counts 15&16 with cross L over R (15), touch R next to L (16).
Then Restart the dance from the beginning.

Tag & Restart on wall 9 - Wall 9 six counts

Cross rock R over L (1), recover on L (2), step R to R side (3), drag L to R (2 counts) (4-5), step L next to R (weight on left) (6).

Then Restart the dance from the beginning.

Tag & Restart on wall 10 - Dance to count 16, add Tag.

1-4 Rock R to R side (1), recover with ¼ turn L (2), step R forward (3) ¼ turn L (4).

Then Restart the dance from the beginning.

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