

# All By Myself

COPPERKNOB  
BYEPOSTETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Trine Haukø Lund (NOR) - February 2018  
音樂: Lonely Alone - Darryl Worley



Intro: 32 counts

**Section 1: Side, cross rock, shuffle 1/4 L, step 1/4 L, cross shuffle**

1-2-3      Step RF to R, cross rock LF over RF, recover on RF  
4&5      Step LF to L, step RF next to LF, turn 1/4 L(9:00), step LF forward  
6-7      Step RF forward, turn 1/4 L(6:00), recover on LF  
8&1      Cross RF in front of LF, step LF to L, cross RF in front of LF

**Section 2: Hold, ball cross, rock, recover, weave 1/4 turn R**

2      Hold  
&3      Step on ball of LF, cross RF in front of LF  
4-5-6      Rock LF to L, recover on RF, cross LF in front of RF  
7-8-1      Step RF to R, cross LF behind RF, turn 1/4 R(9:00), step RF forward

**Restart after count 8 in wall 4**

**Section 3: Step 1/2 turn R, shuffle fwd, rock fwd, rock backw**

2-3      Step LF forward, turn 1/2 R(3:00), recover on RF  
4&5      Step LF forward, step RF behind LF, step LF forward  
6-7      Rock RF forward, recover on LF  
8-1      Rock RF backwards, recover on LF

**Section 4: Step 1/4 turn L X 2, cross, step backw, touch**

2-3      Step RF forward, turn 1/4 L(12:00), recover on LF  
4-5      Step RF forward, turn 1/4 L(9:00), recover on LF  
6-7-8      Cross RF in front of LF, step LF backwards, touch RF next to LF

**Restart in wall 4 in section 2 after count 8, facing 9.**

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