

I Know I'm Not Alone

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Val Saari (CAN) - April 2018
音樂: Alone - Alan Walker : (iTunes)



CROSS ROCK/SIDE SHUFFLE R, CROSS ROCK/SIDE SHUFFLE 1/4 L

1,2,3&4 Cross RF over LF, Recover LF, Shuffle RLR
5,6,7&8 Cross LF over RF, Recover RF, Shuffle LRL 1/4 L

CROSS ROCK/SIDE SHUFFLE R, CROSS ROCK/SIDE SHUFFLE 1/4 L

1,2,3&4 Cross RF over LF, Recover LF, Shuffle RLR
5,6,7&8 Cross LF over RF, Recover RF, Shuffle LRL 1/4 L

SHUFFLE FORWARD X 2, BACKWARDS STEP TOUCHES X 2,

1&2 Shuffle forward RLR (optional Step-Lock-Step)
3&4 Shuffle forward LRL (optional Step-Lock-Step)
5-6 RF Step back, LF Touch beside R
7-8 LF Step back, RF touch beside L

SIDE TOE-STRUTS R,L, LINDY RIGHT PIVOT 1/4 L

1-2 Touch RF toes to right side, Step RF heel down
3-4 Touch LF toes beside RF, Step LF heel down
5&6 Shuffle right, RLR
7-8 Rock back on LF pivot 1/4 L, Recover on RF

LF ROCK FWD, RF RECOVER, LF MAMBO BACK, RF ROCK FWD, LF RECOVER, RF MAMBO BACK

1-2 Rock LF forward, Recover RF
3&4 Rock LF back, Recover RF, Step LF beside R
5-6 Rock RF forward, Recover LF
7&8 Rock RF back, Recover LF, Step RF beside L

POINT-CROSSES FORWARD, L,R,L, KICK-BALL CHANGE

1-2 Point LF side left, Cross LF over R
3-4 Point RF side right, Cross RF over L
5-6 Point LF side left, Cross LF over R
7&8 Kick RF forward, Step RF together, Step LF together, hold

Repeat, No Tags, No Restarts

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