

Alone

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver / Intermediate
編舞者: Eun Mi Lim (KOR) & S.E.A of love (KOR) - February 2019
音樂: Alone (나혼자) - SISTAR (씨스타)



Intro: 32 counts (approx. 16secs); No Tags, No Restarts!

S1: Walk Forward (R-L), Rock Forward/Recover, Ball Cross, Side, 1/4 L, Sweep.

1-2-3-4 Walk forward on (R-L), Rock forward on R, Recover on L.
&5-6 Step back on ball of R, Cross L over R, Step R to right side.
7-8 1/4 turn L keeping weight on R, Sweeping L from front to back (9:00).

S2: Sailor Step, Cross, Point, Kick-Together-Touch, Back, Rock Back/Recover

1&2 Step L behind R, Step R to right side, Step L to left side.
3-4 Cross R over L, Point L to left side.
5&6& Kick forward on L, Step L next to R, Touch R toe beside L, Step back on R.
7-8 Rock back on L, Recover on R.

S3: Forward Shuffle, Forward, Pivot 1/2Turn L, Forward Shuffle, Scissor Step.

1&2-3-4 Shuffle forward stepping L-R-L, Step forward on R, Pivot 1/2turn L (3:00).
5&6-7&8 Shuffle forward stepping R-L-R, Step L to left side, Step R beside L, Step L across R.

S4: Side, Touch, Side, Touch, Hip Bumps, Back, Coaster Step.

1-2-3-4 Step R to right side, Touch L beside R, Step L to left side, Touch R beside L.
&5-6 Bump right hip forward & back while keeping weight on L, Step back on R.
7&8 Step back on L, Step R next to L, Step forward on L.

S5: Rocking Chair, Touch (out- In), Side, Drag, Hitch.

1-2-3-4 Rock forward on R, Recover on L, Rock back on R, Recover on L.
5&6 Touch R to right side, Touch R beside L, Big step R to right side.
7-8 Drag L towards R, Hitch L knee across R.

S6: Rocking Chair, Touch (out- In), Side, Drag, Hitch.

1-2-3-4 Rock forward on L, Recover on R, Rock back on L, Recover on R.
5&6 Touch L to left side, Touch L beside R, Big step L to left side.
7-8 Drag R towards L, Hitch R knee across L.

S7: Cross, Point, Crossing Samba, Back, Point, Back, Point.

1-2-3&4 Cross R over L, Point L to left side, Cross L over R, Step R to right side, Recover on L.
5-6-7-8 Step Back on R, Point L to left side, Step Back on L, Point R to right side.

S8: Paddle 1/4Turn L 2X, Jazz Box.

1-2-3-4 Touch R forward, 1/4turn L with hip rolling (12:00), Touch R forward, 1/4turn L with hip rolling (9:00).
5-6-7-8 Cross R over L, step back on L, step R to R side, step forward on L.

Enjoy Dancing Always~!!!

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