

# Alone Again, (Naturally)

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Easy Improver  
編舞者: Val Saari (CAN) - September 2019  
音樂: Alone Again Naturally - Gilbert O'Sullivan



## S:1 MODIFIED TOE TRIANGLE, SAILOR STEP X 2, (R,L)

1-2      Touch RF toes forward, Touch RF toes to R side  
3&4      Sailor Step RLR  
5-6      Touch LF toes forward, Touch LF toes to L side  
7&8      Sailor Step LRL

## S:2 FWD SHUFFLES X 3 MAKING 3/4 TURN TO RIGHT ("ARC" PATTERN), MAMBO LEFT

1&2      SHUFFLE forward RLR  
3&4      SHUFFLE forward LRL  
5&6      SHUFFLE forward RLR (9:00)  
7&8      Rock LF left , Recover RF, Step LF together

## S:3 CROSS MAMBOS CHA CHA CHA X 2 (RIGHT,LEFT 1/4 PIVOT L)

1-2      RF Cross over L, LF Recover weight  
3&4      Recover RF, Step LF in place, Step RF in place  
5-6      LF Cross over R, RF Recover weight  
7&8      Step LF left 1/4 pivot left, Step RF beside L, Step LF in place\*

## S:4 STOMP KICK, COASTER STEP, SHUFFLE FWD LRL, STEP-PIVOT 1/4 L

1-2      Stomp RF down, Kick RF forward  
3&4      Rock RF back, Step LF beside R, Step RF forward  
5&6      Shuffle forward LRL  
7-8      Step RF forward, Pivot 1/4 turn left (weight on left)

**\*RESTART on Wall 5 after 24 Counts (6:00)**

**Hint: the Restart is an instrumental section**

**Optional ending to face front: After Wall 9 Repeat S:4 but Pivot 1/2 L to face front. The music slows down but just adjust your steps to the new tempo**

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