

# You Are Not Alone

**COPPER KNOB**  
STEPSHEETS

拍數: 80      牆數: 1      級數: Intermediate  
編舞者: Cathy Breed (AUS) & Travis Taylor (AUS) - May 2020  
音樂: You Are Not Alone - Adam Brand & Casey Donovan



Restart on Wall 1 at Count 40, Wall 2 at Count 72

**INTRO: 16 Counts**

## **ROCK FWD/REPLACE & PIVOT 1/4 R – L CROSS SHUFFLE – R ROCK & CROSS**

1-2&      Rock R fwd, Replace weight on L, Step R together  
3-4      Step L fwd, 1/4 R Pivot weight on R (3:00)  
5&6-7&8      Cross L over R, Step R ball together, Cross L over R, Rock R to R side, Replace weight on L, Cross R over L

## **SIDE BEHIND & CROSS – SIDE – ROCK BACK/REPLACE – 1/4 L BACK – 1/2 L FWD**

1-2&      Step L to L side, Step R behind L, Step L to L side  
3-6      Cross R over L, Step L to L side, Rock R behind L, Replace weight on L  
7-8      1/4 L Stepping R back, 1/2 L Stepping L fwd (6:00)

## **1/4 L SIDE – SAILOR L – TOUCH/CLICK – 2 LOCK FWD ON 45'S**

1      1/4 L Stepping R to R side (3:00)  
2&3-4      L Sailor Step stepping L, R, L, Touch R foot back with a click of R fingers  
5&6-7&8      Lock Shuffle fwd R on R 45 - Lock Shuffle fwd L on L 45

## **ROCK FWD/REPLACE – 1/4 R SIDE SHUFFLE – CROSS – BACK – LOCK SHUFFLE BACK**

1-2      Rock R fwd, Replace weight on L  
3&4      1/4 R Step R to R side, Step L together, Step R to R side (6:00)  
5-6-7&8      Cross L over R, Step R back - Step L back, Lock R over L, Step L back

## **ROCK BACK/REPLACE – SHUFFLE FWD R – PIVOT 1/2 R – SHUFFLE FWD L**

1-2      Rock R back, Replace weight on L  
3&4      Step R fwd, Step L together, Step R fwd  
5-6      Step L fwd, 1/2 R Pivot weight on R (12:00)  
7&8      Step L fwd, Step R together, Step L fwd

**\*RESTART HERE WALL 1**

## **FWD DRAG/HOLD – BALL STEP – PIVOT 1/4 – CROSS L – 1/4 L BACK – 1/4 L SIDE**

1-2      Step R fwd dragging L towards R, Hold (Keep Dragging)  
&3      Step L together, Step R fwd  
4-5      Step L fwd, 1/4 R Pivot weight on R (3:00)  
6-7-8      Cross L over R, 1/4 L Step R back, 1/4 L Step L to L side (9:00)

## **CROSS SAMBA – CROSS SAMBA – CROSS SHUFFLE – 1/4 BACK – 1/2 FWD**

1&2      Cross R over L, Rock L to L side, Replace weight on R  
3&4      Cross L over R, Rock R to R side, Replace weight on L  
5&6      Cross R over L, Step L ball next to R, Cross R over L  
7-8      1/4 R Stepping L back, 1/2 R Stepping R fwd (6:00)

## **FWD - BACK - TOGETHER – FWD BACK/REPLACE – 1/2 FWD – 1/4 SIDE – BEHIND SIDE CROSS**

1-2&      Step L fwd, Replace weight on R, Step L together  
3-6      Step R fwd, Replace weight on L, 1/2 R Step R fwd, 1/4 R Step L to L side  
7&8      Step R behind L, Step L to L side, Cross R over L (3:00)

**SIDE DRAG/HOLD & CROSS L – ¼ R BACK – COASTER L – FULL TURN FWD**

1-2&3-4 Step L to L side dragging R, Hold, Step R ball next to L - Step L over R, ¼ L Step R back  
(12:00)

5&6 Step L back, Step R beside L, Step L fwd

7-8 Turn ½ L Step R back, Turn ½ L Step L fwd

**\*RESTART HERE WALL 2 (12:00)**

**1/4 L SIDE ROCK/REPLACE – BEHIND – SIDE ROCK/REPLACE – BEHIND – 1/4 FWD – FWD L**

1-2-3 1/4 L Rock R to R side, Replace weight on L, Step R behind L

4-5-6 Rock L to L side, Replace weight on R, Step L behind R

7-8 1/4 R Step R fwd, Step L fwd

**Cathy Breed: [c.breed@bigpond.com](mailto:c.breed@bigpond.com)**

**Travis Taylor: [dancewithtravis@gmail.com](mailto:dancewithtravis@gmail.com)**

---