

# Alone - Heart

拍數: 56                      牆數: 2                      級數: Intermediate  
編舞者: Syafri's Fitri (INA) & Mona (INA) - August 2020  
音樂: Alone - Alyona Yanashina : (Heart Cover)



Restarts : Wall 2 After 44 C, Wall 4 After 40 C, Wall 5 After 48 C

## I. SIDE – BACK CROSS - RECOVER – SIDE – TURN ½ - CROSS OVER -TO SIDE- BACK CROSS – RECOVER – SIDE – TURN ½ - RECOVER

1 2&                      Step R to Side, step L Back Cross, Recover on R  
3 4&                      Step L to Side, step R Turn ½ to Right, step L Cross Over  
5 6&                      Step R to Side, step L Back Cross, Recover on  
7 8&                      Step L to Side, step R Turn ½ to Right, Recover on L

## II. SIDE – BACK CROSS – RECOVER – SIDE – BACK CROSS – RECOVER - CROSS OVER – RECOVER – TOGETHER – CROSS OVER – TURN ¾

1 2&                      Step R to Side, step L Back Cross, Recover on R  
3 4&                      Step L to Side, step R Back Cross, Recover on L  
5 6&                      Step R Cross Over, Recover on L, step R Together beside L  
7 8&                      Step L Cross Over, step R Turn ¾ to Left, Recover on L

## III. FORWARD – COASTER STEP – SHUFFLE FORWARD - TURN 1/2

1 2&                      Step R Forward, step L Back, step R Together  
3 4&                      Step L Forward, step R Back, step L Together  
5 6&                      Step R Forward, step L Forward, step R Together  
7 8&                      Step L Forward, step R Turn ¼ to Left, step L Turn ¼ to Left

## IV. FORWARD – GRAPEVINE - DIAMOND

1 2&                      Step R Forward, step L Cross Over, Recover on R  
3 4&                      Step L Back Cross, step R Back Cross, Recover on L  
5 6&                      Step R Cross Over, step L Turn ¼ to Left Cross Over, Recover on R  
7 8&                      Step L Turn ¼ to Left, step R Turn ¼ to Left Cross Back, Recover on L

## V. SIDE – CROSS BACK – RECOVER – CROSS OVER – TURN ½ - SIDE –RECOVER – CROSS OVER – RECOVER – SIDE – FLICK

1 2&                      Step R to Side, step L Cross Back, Recover on RP  
3 4&                      Step L Cross Over, step R Turn ½ to Left, Recover on L  
5&6&                      Step R to Side, Recover on L, step R Cross Over, Recover on L  
7 8                      Step R to Side, step L Flick Back

## VI. CROSS OVER – RECOVER – TOGETHER – CROSS OVER – RECOVER-SWEEP –DIAGONAL WALK BACK – COASTER STEP

1 & 2                      Step L Cross Over, Recover on R, step L Together  
3 & 4                      Step R Cross Over, Recover on L, step R Sweep  
5 6                      Step R Diagonal Walk Back, step L Diagonal Walk Back  
7 & 8                      Step R Back, step L Together, step R Forward

## VII. SWEEP DIAGONAL – TOUCH – DIAGONAL FORWARD – RECOVER - COASTER STEP - FLICK

1 2                      Step L Sweep Diagonal – Touch on L  
3 4                      Step R Sweep Diagonal – Touch on R  
5 6&                      Step L Diagonal Forward – Recover on R, step L Together  
7 8&                      Step R Forward, step L Flick, step L. In place

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