

Alone

拍數: 32 牆數: 4 級數: Improver
編舞者: Om Pardi (INA) - October 2020
音樂: Alone, Pt. II - Alan Walker & Ava Max : (Album: Alone, Pt. II)



SEC 1: DIAGONAL ROCK, RECOVER, DIAGONAL ROCK, RECOVER, DIAGONAL ROCK, RECOVER, BACK COASTER STEP

1&2& Rock R forward to diagonal L (1), Recover on L (&), Rock R forward to R diagonal (2),
Recover on L (&)
3&4 Rock R back to L diagonal (3), Recover on L (&), Step R forward to R diagonal (4)
5&6& Rock L forward to R diagonal (5), Recover on R (&), Rock L forward to L diagonal (6),
Recover on R (&)
7&8 Make 1/8 L turn step L back (7), Step R next to L (&), Step L forward (8)

SEC 2: SIDE ROCK, RECOVER, FORWARD, FORWARD, TURN ½ RIGHT, FORWARD, MODIFIED BOX SHUFFLE

1&2 Rock R to side (1), Recover on L (&), Step R forward (2)
3&4 Step L forward (3), Make ½ R turn on R (&), Step L forward (4)
5&6 Step R to side (5), Step L next to R (&), Step R forward (6)
7&8 Step L to side (7), Step R next to L (&), Step L forward (8)

***Restart here on wall 3 & wall 4**

SEC 3: SIDE TOUCH, BESIDE TOUCH, SIDE TOUCH, ¼ RIGHT BACK COASTER STEP

1&2 Touch R outside R (1), Touch L beside R (&), Touch R outside R (2)
3&4 Make ¼ R turn step R back (3), Step L next to R (&), Step R forward (4)
5&6& Rock L forward to diagonal L (5), Recover on R (&), Make 1/8 L rock L forward (6), Recover
on R (&)
7&8 Rock L to side (7), Recover on R (&), Step L next to R (8)

SEC 4: BOTAFOGOS, JAZZ BOX

1&2 Cross R over L (1), Step L to side (&), Step R to side (2)
3&4 Cross L over R (3), Step R to side (&), Step L to side (4)
5-8 Cross R over L (5), Step L back (6), Step R to side (7), Step L forward (8)

Enjoy the dance and have fun!

**Restart during wall 3 after 16 count. You dance facing 9 o'clock
Restart during wall 4 after 16 count. You dance facing 12 o'clock**

For more information about this dance please contact: gieprod@yahoo.com

Last Update - 11 Oct. 2020