

Not Dancing Alone

拍數: 64 牆數: 4 級數: Beginner
編舞者: Ryan Lea (AUS) - February 2021
音樂: Dancing Alone (feat. Les Royal Pickles) - Rigby Summer : (iTunes)



Start with Banjo after Count of 6, on Lyrics 'Dancing Alone'

[1-8] SIDE TOGETHER, SIDE, HOLD; 1/4 TURN SIDE TOGETHER, SIDE, HOLD

1- 4 Step R to right side, step L beside R, Step R to right side, hold
5- 8 1/4 R turn step L to left side, step R beside L, Step L to left side, hold (3.00)

[9-16] BACK, BACK, BACK, HOLD; BACK COASTER, HOLD

1- 4 Step R back, step L back, step R back, hold
5- 8 Step back L, step R next to L, step forward L, hold

[17-24] SIDE TOGETHER, SIDE, HOLD; 1/4 TURN SIDE TOGETHER, SIDE, HOLD

1- 4 Step R to right side, step L beside R, Step R to right side, hold
5- 8 1/4 L turn step L to left side, step R beside L, Step L to left side, hold (6.00)

[25-32] BACK, BACK, BACK, HOLD; BACK COASTER, HOLD

1- 4 Step R back, step L back, step R back, hold
5- 8 Step back L, step R next to L, step forward L, hold

[33-40] VINE RIGHT, HOLD; VINE LEFT, HOLD

1- 4 Step R to the side, step L behind R, step R to the side, hold
5- 8 Step L to the side, step R behind L, step L to the side, hold

[41- 48] DIAGONAL STEP TOUCH FORWARD & BACK (K-STEP)

1- 4 Step R to right front diagonal, touch L beside R, Step L to left back diagonal, Touch R beside L
5- 8 Step R to right back diagonal, touch L beside R, Step L to left front diagonal, Touch R beside L

[49-56] 1/4 TURN, CROSS, HOLD; SIDE ROCK CROSS, HOLD

1- 4 Step R forward, 1/4 turn left, cross R over L, hold
5- 8 Step L to side, recover weight onto R, cross L over R, hold (3.00)

[57-64] 1/2 PIVOT TURN, STEP, HOLD; FORWARD ROCK, BACK, TOGETHER

1- 4 Step R forward, 1/2 turn left replace weight onto L, step R forward, hold
5- 8 Rock forward L, recover onto R, step back L, step R beside L (9.00)

START AGAIN

ENDING ~ Wall 5 (facing FRONT) Music slows down, so slowly dance up to Count 28 with a turn to the front

Relaxing dance to something Jazzy