

Alone (나혼자)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: SoonYoung-Bae (KOR) - March 2021
音樂: Alone (나혼자) - SISTAR (씨스타)



* Intro : 32 counts (start on vocal)

* Restart : No * Tag : No

S1[1-8] PRISSY WALK-HOLD(R-L), 1/2 PIVOT TURN L, SIDE POINT, CLOSE, SIDE POINT(6:00)

1 2 step cross over LF and small hitch during moving fwd(RF), hold
3 4 step cross over RF and small hitch during moving fwd(LF), hold
5 6 step fwd and 1/2 turn L(RF), step fwd(LF)(6:00)
7&8 side toe point to R(RF), ball step beside LF(RF). side toe point to L(LF)

S2[9-16] FWD AND HIP ROLL, HIP BUMP, BACK AND HIP ROLL, HIP BUMP(6:00)

1 2 ball step fwd(LF) and hip roll up CW(2counts)
3&4 hip bump down R, hip bump up L, hip bump down R
5 6 step back(LF) and hip roll up CCW, toe touch(RF) and hip roll up CCW
**** hip roll CCW is 2 counts, toe touch(RF) is hip roll during moving to 12:00 from 3:00(it's moving naturally by hip moving)**
7&8 hip bump down L, hip bump up R, hip bump down L

S3[18-24] TOE STURT FWD, 1/2 TURN R AND TOE STRUT BACK, 1/4 TURN R TOE STRUT FWD, TOE STRUT FWD(3:00)

1 2 toe touch fwd(RF), drop foot in place(RF)
3 4 1/2 turn R and toe touch back(LF), drop foot in place(LF)(12:00)
5 6 1/4 turn R and toe touch fwd(RF), drop foot in place(RF)(3:00)
7 8 toe touch fwd(LF), drop foot in place(RF)

S4[25-32] DOROTHY, BACK TOE TOUCH, 1/2 TURN R, FWD, HITCH(9:00)

1 2& step diagonal fwd to R(RF), ball step behind RF(LF), step fwd(RF)
3 4& step diagonal fwd to L(LF), ball step behind LF(RF), step fwd (LF)
5 6 toe touch back on LF(RF)(weight on RF), step 1/2 turn R in place(RF)(9:00)
7 8 step fwd(LF), hitch knee fwd(RF)

Have fun

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