

# Alone

拍數: 64      牆數: 4      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - May 2021  
音樂: Alone - Marshmello : (Spotify / Apple Music)



(48 counts intro) - No tags or restarts -

## [S1] Cross, Side, Behind-Side-Heel Grind 1/4R, Back Rock-Step-Lock-Step

1 2      Cross R over L, Step L to the side  
3&      Step R behind L, Step L to the side  
4 5      R heel grind ¼ turn right, Recover weight on L (3:00)  
6&      Rock back on R, Recover weight on L  
7&8      Step forward on R, Lock L behind R, Step forward on R

## [S2] Heel Switches, Heel-Hook-Heel-Together, Heel-Together-Heel-Hook-Heel-&-Touch

1&2&      Touch L heel forward, Step L together, Touch R heel forward, Step R together  
3&4&      Touch L heel forward. Hook L foot over R, Touch L heel forward, Step L together  
5&6&      Touch R heel forward, Step R together, Touch L heel forward, Hook L foot over R  
7&8      Touch L heel forward. Step slightly back on L, Touch R next to L

## [S3] Step-Pivot 1/2L, Full Turn, Fwd Rock, 1/2R, 1/4R

1 2      Step forward on R, Make a ½ turn left recover weight on L (9:00)  
3 4      Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (9:00)  
5 6      Rock forward on R, Recover weight on L  
7 8      Make a ½ turn right stepping forward on R, Make a ¼ turn right stepping L to the side (6:00)

## [S4] Sailor Step, Behind Rock, Side Shuffle, Behind Rock

1&2      Step R behind L, Step L to the side, Step R to the side  
3 4      Rock L behind R, Recover weight on R  
5&6      Step L to the side, Step R next to L, Step L to the side  
7 8      Rock R behind L, Recover weight on L (6:00)

## [S5] Rocking Chair-Side Rock-&, Reverse Rocking Chair-Side Rock-Back Rock

1&2&      Rock forward on R, Recover weight on L, Rock back on R, Recover weight on L  
3&4      Rock R to the side, Recover weight on L, Step R close to L  
&5&6      Rock back on L, Recover weight on R, Rock forward on L, Recover weight on R  
&7&8      Rock L to the side, Recover weight on R, Rock back on L, Recover weight on R (6:00)

## [S6] Shuffle Fwd, Step-Pivot 1/2L-1/2L Shuffle Back, 1/4L Fwd-Fwd

1&2      Shuffle forward on L-R-L  
3 4      Step forward on R, Make a ½ turn left recover weight on L  
5&6      Make a ½ turn left stepping back on R, Step L close to R, Step back on R (6:00)  
7 8      Make a ¼ turn left stepping forward on L, Step forward on R (3:00)

## [S7] Rocking Chair-Side Rock-Together, Reverse Rocking Chair-Side Rock-Back Rock

1&2&      Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R  
3&4      Rock L to the side, Recover weight on R, Step L close to R  
&5&6      Rock back on R, Recover weight on L, Rock forward on R, Recover weight on L  
&7&8      Rock R to the side, Recover weight on L, Rock back on R, Recover weight on L (3:00)

## [S8] Fwd Rock, 1/2R Shuffle Fwd, Triple Turn, Behind, Side

1 2      Rock forward on R, Recover weight on L

3&4            Make a ½ turn right shuffle forward on R-L-R (9:00)  
5&6            Full triple turn right on L-R-L (on the spot)  
7 8            Step R behind L, Step L to the side

**Ending: The last wall starts 6:00 o'clock, dance up to count 32 (12:00).**

**Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 5/May/21)**

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