

Alone But Not Lonely

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate NC2S
編舞者: Robin Sin (SG) - May 2022
音樂: But I'm Not Lonely - Joyce Cheng



<https://music.apple.com/hk/album/joyce-to-the-world/1598886105>

Intro: 8 counts

DIAGONALLY STEP FWD/KICK, BACK, BACK, ½ TURN LEFT, RUN BACK, ROCK, SIDE, BACK ROCK, WALK, WALK, STEP FWD, ROCK, RECOVER, ROCK

1 1/8 turn right, Step forward on R while kicking L forward (1.30)
2&3 Step back on L, Step back on R, ½ turn left, step forward on L (7.30)
4&5 Step back on R, Step back on L, Rock back on R (7.30)
6-7 Walk forward on L-R (7.30)
8&1 Rock forward on L, recover on R, Rock forward on L (7.30)

Option arms for 2nd and 4th wall: (1) Place R hand on top of L hand and onto L chest area ("heart")

RECOVER, SIDE, CROSS ROCK, RECOVER, ¼ TURN R, STEP, PIVOT ½ TURN, STEP, FWD SPIRAL FULL TURN

2-3 Recover on R, 1/8 turn left, Step L to side (6.00)
Option arms for 2nd and 4th wall: (3) Pushing both arms to side ("apart")
4&5 Cross rock R over L, recover on L, ¼ turn right, step R forward (9.00)
6&7 Step forward on L, pivot ½ turn right, step forward on L (3.00)
8 Step forward on R, spiral full turn left

STEP FWD, SWEEP, ROCK FORWARD, RECOVER, 1/4 TURN, 1/4 TURN, ½ TURN, ¼ TURN, STEP SIDE, SIDE ROCK, RECOVER, SIDE

1 Step forward on L, sweep R
Optional arms for 2nd, 4th and 5th wall: (1) both hand open palms facing forward in front of eyes and spread out ("eyes")
2&3 Rock forward on R, recover on L, 1/4 turn right, step R to side (6.00)
&4&5 Cross L over R, ¼ turn left, step R back, ½ turn left, step L forward, ¼ turn left, step R to side (6.00)
6&7 Side rock on L, recover on R, a big step L to the side (6.00)
Optional arms for 2nd, 4th and 5th wall: (7) close fist and cross arms in front of chest ("trusted")

½ FALLAWAY, SIDE CROSS SIDE, MAMBO, BACK, ½ TURN

8&1 1/8 turn right, step back on R, step back on L, ¼ turn right, step R forward (10.30)
2&3 Step forward on L, Step forward on R, 1/8 turn right, step L to side (12.00)
4&5 Step R to side, cross L over R, Step R to side while lifting L to side facing diagonally right (1.30)
6&7 Rock forward on L, recover on R, Step back on L (1.30)
8& Step back on R, ½ turn left, Step L forward (7.30)

START AGAIN

TAG: After wall 2

1 Step R forward while kicking L forward
2&3 Step back on L, Step back on R, ½ turn left, step forward on L
4& Step forward on R, pivot ½ turn left

Ending: Wall 5 after 6&7 Facing 1.30, 8&1 Step back on R, 1/8 turn left, side rock on L, recover on R dragging

L towards R while both arm across as like hugging yourself

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