

# 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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