

You Are Not Alone

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sweet Five (INA) & Roosamekto Mamek (INA) - July 2022
音樂: Kamu Ngga Sendirian - Tipe-X



Intro: 32 count (approximately 0:16)

S1. LINDY RIGHT & LEFT

1&2 Step R to side – Step L together – Step R to side (12:00)
3-4 Rock L back – Recover on R
5&6 Step L to side – Step R together – Step L to side
7-8 Rock R back – Recover on L

S2. MONTEREY TURN 1/4 RIGHT, MONTEREY, TOUCH, HITCH, COASTER STEP

1-4 Touch R to side – Turn ¼ right step R together – Touch L to side – Step L together (3:00)
5-6 Touch R to side – Hitch R knee up
7&8 Step R back – Step L together – Step R forward

S3. PIVOT 1/2 RIGHT, FORWARD (LOCK) SHUFFLE, ROCK FORWARD, COASTER STEP

1-2 Step L forward – Turn ½ right weight on R (9:00)
3&4 Step L forward – Step R together or Lock R behind L – Step L forward
5-6 Rock R forward – Recover on L
7&8 Step R back – Step L together – Step R forward

S4. KICK BALL TOUCH, ANCHOR STEP, STEP FORWARD

1&2 Kick L forward – Step L together – Touch R to side (9:00)
3&4 Kick R forward – Step R together – Touch L to side
5&6 Rock L behind R – Recover on R – Step L in place (shift weigh on L)
7-8 Step R slightly forward – Step L forward

Note: TAG. 2 happens here on wall 7

S5. R & L CROSS SAMBA STYLE, ROCK FORWARD, BACK, SIDE TURN 1/4 LEFT

1&2 Cross R over L – Rock L to side – Recover on R (9:00)
3&4 Cross L over R – Rock R to side – Recover on L
5-8 Rock R forward – Recover on L – Step R back – Turn ¼ left step L to side (6:00)

S6. CROSS, SIDE, GALLOP, SIDE ROCK, CROSS SHUFFLE

1-2 Cross R over L – Step L to side (6:00)
3&4 Cross R behind L – Step L to side – Cross R over L
5-6 Rock L to side – Recover on R
7&8 Cross L over R – Step R to side – Cross L over R

Note : Restart happens here on wall 6

S7. WHISK STEP, FORWARD R & L, REVERSE COASTER

1&2 Step R to side – Rock L back – Recover on R (6:00)
3&4 Step L to side – Rock R back – Recover on L
5-6 Step R forward – Step L forward
7&8 Step R forward – Step L together – Step R back

S8. L & R ANCHOR STEP, BACK ROCK, FORWARD LOCK SHUFFLE

1&2 Rock L behind R – Recover on R – Step L in place (shift weight on L) (6:00)
3&4 Rock R behind L – Recover on L – Step R in place (shift weight on R)
5-6 Rock L back – Recover on R

7&8 Step L forward – Lock R behind L – Step L forward (6:00)

REPEAT

TAG. 1 (4 count) : End of wall 2 & 4

1-4 Rock R forward – Recover on L – Rock R back – Recover on L

TAG. 2 (8 count) : On wall 7 after 32 count

1-4 Rock R forward – Recover on L – Step R back – Turn ¼ left step L to side

5-8 Cross R over L – Step L back – Step R to side – Cross L over R

RESTART : On wall 6 after 48 count

For more info about step sheet & song, please contact:

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