

You Are Not Alone

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Florian ARBELOT (FR) & Stéphanie Bijon (FR) - July 2022
音樂: You Are Not Alone - Emeli Sandé



Intro : start on lyrics (2 counts)

[1-8] – SIDE R, BEHIND SIDE, CROSS ROCK L, RECOVER R, ¼ TURN L, SPIRAL TURN R, SWEEP R, CROSS R, SIDE BEHIND SIDE

12&3 Step R to R side (1), Step L behind R (2), Step R to R side (&), Cross L over R (3) 12:00
4& Recover R (4), ¼ turn to L with LF forward (&) 09:00
5 Step R forward doing a full spiral turn on L (5)
6 Sweep R from behind to front (6)
7&8& Cross R over L (7), Step L to L side (&), Cross R behind L (8), Step L to L side (&)

[9-16] – CROSS ROCK R, RECOVER L, 3/8 TURN R, WALK L, RUN R, RUN L, ROCK R, RECOVER L with SWEEP R, SWEEP L, SAILOR STEP ½ TURN

12&3 Cross R over L (1), Recover L (2), 3/8 turn to R, RF forward (&), Walk L (3) 01:30
4&5 Run R (4), Run L (&), Rock R (5)
67 Recover L sweeping R from front to back (6), Back R sweeping L from front to back (7)
8&1 Cross L behind R with a ¼ turn to L (8), Step R to R side with a ¼ turn to L (&), Step L to L side (1) 06:00

[17-24] – CROSS, SIDE L, STEP BACK SWEEP, BEHIND, STEP 1/4, STEP FORWARD, ROCK ¼ TURN, RECOVER, CROSS, ¼, ¼, CROSS

2&3 Cross R over L (2), Step L to L Side (&), Cross R behind L sweeping L from front to back (3)
4&5 Cross L behind R (4) ¼ turn R stepping R forward (&) Step L forward (5) 9:00
6&7 Rock R forward (6) ¼ turn L recover on L (&) Cross R over L (7) 6:00
8&8 ¼ turn R stepping L back (&) ¼ turn R stepping R to R side (8) Cross L over R (&) 12:00

[25-32] – NIGHTCLUB BASIC, ¼ TURN L STEP FORWARD, STEP TURN STEP, FULL TURN, ROCK RECOVER, ½ TURN, TOUCH

12& Step R to R side (1) Step L beside R (2) Cross R over L (&)
3 ¼ turn L stepping L forward (3) 9:00
4&5 Step R forward (4) ½ turn L stepping L forward (&) step R forward (5) 3:00
6&7& ½ turn R stepping L back (6) ½ turn R stepping R forward (&) Rock L forward (7) Recover on R (&) 3:00
8& ½ turn L stepping L forward (8) Touch R next to L (&) 9:00

ENDING : Wall 10 facing 9:00 after 24 counts, replace the basic nightclub by

1234 Side behind ¼ turn R, walks in direction of your friend, grab each other hands and raised them to the sky

Keeping smiling ☐

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