

Not Alone

拍數: 32 牆數: 2 級數: High Intermediate Rolling Count
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音樂: You're Not Alone (你不是一個人) - Jeff Chang (張信哲) & Joker Xue (薛之謙)



Intro: 2x8 (start on vocal "yu") Start facing 1:30

Set 1: STEP, FWD SHUFFLE, ARABESQUE, ½L, FULL TURN, SWAYS, R BASIC NIGHTCLUB Facing

- 1-2a (1) Step LF fwd, (2) Step RF fwd, (a) Step LF next to RF 1:30
- 3 (3) Step RF fwd lifting LF back and at the same time start executing a ½L on RF (so lifted LF is now in front) 7:30
- 4-a5 (4) Complete ½L stepping LF fwd, (a) ½L step RF next to LF, (5) Step LF to L & sway upper body to left 12:00
- 6-a7 (6) Sway upper body to right, (a) Shift weight to LF and collect RF towards LF, (7) RF take a big step to R 12:00
- 8a (8) Close LF behind RF, (&) Cross RF over LF 10:30

Set 2: RUNS, HITCH, FWD ROCK REC, ¼R POINT, BALL CROSS, ½L UNWIND, ½R SWEEP, BEHIND SIDE

- 1&a2 (1) Step LF fwd, (&) Step RF fwd, (a) Step LF fwd, (2) Hitch R knee slightly (think cycling slo-mo) 10:30
- 3&a4 (a) Rock RF fwd, (&) Recover on LF, (a) ¼R Step RF to R, (4) Point LF to L (turn head to R 4:30) 1:30
- a5 (a) 1/8L Step LF fwd, (5) Cross RF over LF 12:00
- 6 (6) Unwind ½L shifting weight to LF 6:00
- 7 (7) Execute ½R keeping weight on LF and sweep RF from front to back 12:00
- 8-a (8) Step RF behind LF, (a) Step LF to L

Set 3: FWD ROCK, CLOSE, BACK ROCK HOOK, R TWINKLE, FWD ROCK, CLOSE, BACK ROCK HOOK, L TWINKLE

- 1-2a (1) Cross Rock RF over LF, (2) Recover on LF, (a) Close RF next to LF 10:30
- 3-4&a (3) Rock LF back & hook RF, (4) Recover on RF, (&) Rock LF to L, (a) ¼R shifting weight on RF 1:30
- 5-6a (5) Cross Rock LF over RF, (6) Recover on RF, (a) Close LF next to RF 1:30
- 7-8&a (7) Rock RF back & hook LF, (8) Recover on LF, (&) Rock RF to R, (a) ¼L shifting weight on LF 10:30

Set 4: ½R TURNING WEAVE, ARM REACH, CONTRACT, ¼R COASTER, FULL L PENCIL TURN, CROSS SIDE

- 1-a2 (1) Cross RF over LF, (a) ¼R Step LF to L, (2) Step ball of RF behind LF 3:00
 - a3 (a) ¼R Step LF to L, (3) Cross RF over LF 6:00
 - &a4 (&) Reach out R arm fwd, (a) Reach out L arm fwd, (4) Pull both arms towards chest and contract torso 6:00
 - 5-a6 (5) 1/8R Step LF back, (a) Step RF next to LF, (6) Step LF fwd 7:30
 - 7 (7) ¼L Step Back on RF and with LF still pointed fwd and execute another ¾L on RF (pencil turn) 7:30
 - 8-a (8) Cross LF over RF, (a) Step RF to R (and ready to step LF fwd towards 7:30 to start W2) 7:30
- Repeat Again

Tag 1: Wall 2 starts 7:30 and ends 1:30. Add these steps (walk around):

- 1-2 (1) Step LF fwd, (2) ¼R stepping RF fwd, 4:30

3-4a (3) $\frac{1}{4}$ R stepping LF fwd, (4) $\frac{1}{4}$ R stepping RF fwd, (a) Execute another $\frac{1}{4}$ R to start Wall 3 facing 1:30 1:30

Tag 2: Wall 6 starts 7:30. After 16a counts, you will be facing 6:00. Add the following gallop steps:

- 1 (1) $\frac{1}{4}$ R Step RF fwd 9:00
- a2 (a) Step ball of LF next to RF, (2) $\frac{1}{4}$ R Step RF fwd 12:00
- a3 (a) Step ball of LF next to RF, (3) $\frac{1}{4}$ R Step RF fwd 3:00
- a4 (a) Step ball of LF next to RF, (4) $\frac{3}{8}$ R Step RF fwd 7:30

Ending: After wall 7 (that ends at 1:30), do the following facing 1:30:

- 1-6 (1) Step LF fwd, (2-6) Hold and raise R arm upwards 1:30
 - 7-8 (7-8) Gradually pull R arm downwards and shift weight back to RF 1:30
- Then start the dance again from count 1-17 for the remaining of the lovely music
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