

Alone Again (aka Pam's Dance)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 1 級數: Beginner
編舞者: Bev Vinge (AUS) - March 2023
音樂: I'll Be Home Soon (feat. Travis Sinclair) - Sara Storer : (Album: Rhythm Of The Highway)



This dance was for a lady whose husband was a truckee, and she spent many days & nights home alone. Sadly Pam passed away recently.

SIDE SHUFFLE, BACK, ROCK, SIDE SHUFFLE, BACK, ROCK

1 & 2 Side Shuffle Right: R-L-R,
3, 4 Step L back, Rock forward on R,
5 & 6 Side Shuffle Left: L-R-L,
7, 8 Step R back, Rock forward on L.

PIVOT ½ TURN, SHUFFLE FORWARD, SHUFFLE FORWARD, PIVOT ½ TURN

1, 2 Step R forward, Pivot ½ turn Left ,
3 & 4 Shuffle forward: R-L-R,
5 & 6 Shuffle forward: L-R-L,
7, 8 ** Step R forward, Pivot ½ turn Left.

VINE RIGHT CROSS, SIDE, ROCK, CROSS, HOLD

1,2,3,4 Step R to Right side, Step L behind R, Step R to Right side, Cross L over R,
5,6,7,8 Step R to Right side, Rock onto L, Cross R over L, Hold.

VINE LEFT CROSS, SIDE, ROCK, CROSS, HOLD

1,2,3,4 Step L to Left side, Step R behind L, Step L to Left side, Cross R over L,
5,6,7,8 Step L to Left Side, Rock onto R, Cross L over R, Hold.

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RESTARTS: On Wall 5 and Wall 9 dance to Beat 16 (**) and Restart.