

# Not Alone On The Floor (aka You Are Not Alone)

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Improver  
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音樂: Not Alone On The Floor - A Circle Of Friends : (iTunes)



Intro: 10 counts (start on lyric) 3 tag

## SUGARFOOT R & L, REVERSE RHUMBA BOKS

1&2                      Touch R toe to L instep, touch R heel to L instep, stomp R in place  
3&4                      Touch L toe to R instep, touch L heel to R instep, stomp L in place  
5&6                      Step R to right, step L next to R, Step R back  
7&8                      Step L to left, step R next to L, Step L forward

## LOCK STEP FWD, STEP ½ TURN STEP, ROCK RECOVER, SHUFFLE FWD

1&2                      Step R fwd, lock L behind, step fwd R  
3&4                      Step L fwd, make ½ turn R, step fwd L  
5 – 6                      Rock R fwd, recover on L  
7&8                      Step R fwd, step L together, step fwd R

Styling 5 – 6: Keep R in front, like a low hitch

## ROCK & ROCK, SAILOR ¼, ROCK & ROCK, SAILOR ¼

1&2&                      Rock L fwd, recover on R, rock L to L side, recover on R  
3&4                      Step L behind R making ¼ turn L, step R to R side, step L fwd \*tag 1&2  
5&6&                      Rock R fwd, recover on L, rock R to R side, recover on L  
7&8                      Step R behind L making ¼ turn R, step L to L side, step R fwd \*tag 3

## STEP TAP BACK, SHUFFLE ½ TURN, PADDLE TURN/POINT ¾, TOUCH

1&2                      Step L forward, tap R behind, step R back  
3&4                      ¼ R stepping L to L side, Step R next to R, ¼ R stepping fwd on L  
5&                      Touch R toe fwd, hitch R knee in front of L while making ¼ turn L on L  
6&                      Touch R toe fwd, hitch R knee in front of L while making ¼ turn L on L  
7&                      Touch R toe fwd, hitch R knee in front of L while making ¼ turn L on L  
8                      Touch R beside L

Tag 1: on wall 3, after count 20:

### WALK WALK

1 – 2                      Step fwd R, step L fwd L

Tag 2: on wall 7, after count 20:

### SLOW STEP ½ TURN STEP, HOLD, SLOW STEP ½ TURN STEP, HOLD, WALK R L

1 – 4                      Step R fwd, make ½ turn L, step fwd R, hold  
5 – 8                      Step L fwd, make ½ turn R, step fwd L, hold  
9 – 10                      Step fwd R, step L fwd L

Styling: On count 3&7 cross your arms in front of your chest and move your arms down and out in a fast movement, keep arm out on 4&8 (hold)

Tag 3: on wall 8 after count 24:

### STEP TOUCH

1 – 2                      Step fwd L, touch R beside L

Ending on wall 10 after count 16:

Step L fwd while hugging yourself or a dance buddy because your are not alone on the floor

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