

# Alone Too Long

**COPPER KNOB**  
BY STEPHENETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Pat Newell (USA) - 8 August 2023  
音樂: You Need a Man Around Here - Brad Paisley



## Senior Starter Series

#20 in count

Teaching: Jazz Box, vines, triple steps, 1/4 pivots

### TWO RIGHT JAZZ BOXES

1-4            R over L, step back on L, step on R, step fwd on L

5-8            R over L, step back on L, step on R, step fwd on L

### RIGHT VINE STEP ACROSS, TRIPLE RIGHT, ROCK REC

1-4            Step R to R, L behind R, step R to R, step L across R

5&6 7-8        Triple R, L, R, rock back on L, recover on R

### LEFT VINE STEP ACROSS, TRIPLE LEFT, ROCK REC

1-4            Step L to L, R behind L, step L to L, step R across L

5&6 7-8        Triple L, R, L, rock back on R, recover on L

### 2 TRIPLES FWD 2 1/4 PIVOTS LEFT 6:00

1&2 3&4        Triple fwd RLR, LRL

5-8            Step fwd on R, 1/4 pivot L, step fwd on R, 1/4 pivot L 6:00

Choreographed by Pat Newell - 8-8-23

DANCE FOR THE HEALTH OF IT

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