

# J & A Alone a Lot

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 0      級數: Phrased Intermediate  
編舞者: Janelle Brown (USA) & Andre Brown (USA) - January 2024  
音樂: Alone A Lot - Louis York & Anthony Hamilton



Sequence: A Tag B Tag A Tag B Tag A Tag Tag B B Tag Tag

## Part A-32 counts

### MODIFIED RUMBA BOX, COASTER STEP

1 2            Step R to R (1), step L to R (2)  
3&4           Step R forward (3), Step L next to R (&), Step R forward (4)  
5 6            Step L to L (5), Step R to L (6)  
7&8           Step L back, step R to meet L, step L forward

### PIVOT ½ TURN, R SHUFFLE, STEP TOUCH, STEP TOUCH

1 2            Step R forward (1), Turn ½ while stepping L (2)  
3&4           Step R forward (3), Step L next to R (&), Step R forward (4)  
5 6            Step L to L (5), Step R to L (6)  
7 8            Step R to R (7), Step L to L (8)

(REPEAT PART A ON OPPOSITE FOOT)

## Part A

### MODIFIED RUMBA BOX, COASTER STEP

1 2            Step L to L (1), step L to R (2)  
3&4           Step L forward (3), Step R next to L (&), Step L forward (4)  
5 6            Step R to R (5), Step L to R (6)  
7&8           Step R back, step L to meet R, step R forward

### PIVOT ½ TURN, L SHUFFLE, STEP TOUCH, STEP TOUCH

1 2            Step L forward (1), Turn ½ while stepping R (2)  
3&4           Step L forward (3), Step R next to L (&), Step L forward (4)  
5 6            Step R to R (5), Step L to R (6)  
7 8            Step L to L (7), Step R to L (8)

## Tag-16 counts

### SIDE ROCK & RECOVER, CHASSE

1 2            Step R to R (1), Recover on L (2)  
3&4           Cross R over L, shuffle left  
5 6            Step L to L (5), Recover on R (6)  
7&8           Cross L over R, shuffle right

### SWAY RIGHT ¼ TURN, COASTER STEP, PIVOT ½, PIVOT ¼

1 2            Sway hips R while stepping R to R (1), ¼ turn right (2)  
3&4           Step R back (3), step L to meet R (&), step R forward (4)  
5 6            Step L forward (5), ½ turn (6)  
7 8            Step L forward (7), ¼ turn (8)

## Part B-32 counts

### HEEL JACKS

1&2&          Cross L over R (1), Step R to right (&), Touch L heel forward left diagonal (2), Step L to left (&)  
3&4&          Cross R over L (3), Step L to left (&), Touch R heel forward right diagonal (3), Step R to right (&)

- 5&6& Cross L over R (5), Step R to right (&), Touch L heel forward left diagonal (6), Step L to left (&)
- 7&8& Cross R over L (7), Step L to left (&), Touch R heel forward right diagonal (8), Step R to right (&)

**STEP DOWN & KICK 2X, ROCK EASY, COASTER STEP**

- 1 2& Tap L down on the floor (1), Kick L foot in the air forward (2), Return L foot to the floor (&)
- 3 4 Tap R down on the floor (3), Kick R foot in the air forward (4)
- 5 6 Sway hips & R foot back while making a ½ turn (5), Recover weight on L (6)
- 7&8 Step R back, step L to meet R, step R forward

**REPEAT PART B ON THE BACK WALL**

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