

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
