

Not Alone

拍數: 64 牆數: 2 級數: High Improver
編舞者: Tobias Jentzsch (DE) - March 2024
音樂: know that you're not alone - Cat Burns



Intro: 8 counts

side,behind,side,cross,side,hold,back rock

1-2 RF to the right side,LF behind RF
3-4 RF to the right,LF cross over RF
5-6 RF to the right,hold
7-8 LF step back recover on right

side,behind,side,cross,side,hold,back rock

1-2 LF to the left,RF behind RF
3-4 LF to the left,RF cross over LF
5-6 LF to the left,hold
7-8 RF step back,recover on left

(restart here on wall 5 in facing 6:00)

2x ¼ right Monterey turn

1-2 RF point to the right side, ¼ turn right stepping right on LF(3:00)
3-4 LF point to the left side,LF stepping on RF
5-6 RF point to the right side, ¼ turn right stepping right on LF(6:00)
7-8 LF point to the left side,LF stepping on RF

side,close,side,touch r+l

1-2 RF step to the right side,LF stepping on RF
3-4 RF step to the right,LF touch on RF
5-6 LF step to the left side,RF stepping on LF
7-8 LF step on the left side,RF touch on LF

(restart here on wall 2 in facing 6:00)

walk r+l+r,kick/clap,back l+r+l,touch

1-2 RF step forward, LF step forward
3-4 RF step forward,LF kick forward with clap
5-6 LF step back,Rf step back
7-8 LF step back,RF touch on LF

step,swivel-heel-toe,tap, r+l

1-2 RF step to the side,LF twist heel in
3-4 LF twist toe in, LF touch on RF
5-6 LF step to the left,RF twist heel in
7-8 RF twist toe in,RF touch on LF

side,behind,1/4 turn r,hold,step,1/2 turn r,1/4 turn r,kick

1-2 RF step to the right side,LF behind right
3-4 RF stepping forward make a ¼ turn right(9:00),hold
5-6 LF step forward make a ½ turn right(3:00) weight is on RF
7-8 ¼ turn right with LF stepping to the left side,RF kick diagonally right

behind,side,cross,kick,behind,side,cross-shuffle

1-2 RF behind left,LF to the left side

3-4 Rf cross over left,LF kick diagonally left
5-6 LF behind right,Rf to the right side
7&8 LF cross over right,RF step to the right,LF cross over right

Tag end of wall 3 in facing 6:00

side,behind,side,scuff,side,1/4 turn l,scuff with 1/4 turn l

1-2 RF to the right side,LF behind RF
3-4 RF to the right,scuff LF on right
5-6 LF to the left,RF behind RF
7-8 1/4 turn left with stepping LF forward(3:00), 1/4 turn left with RF scuff on left(12:00)

start again and have fun

Email: Tobiasjentsch90@web.de
