

Dance Alone

拍數: 64 牆數: 4 級數: High Intermediate
編舞者: Hiroko Carlsson (AUS) - October 2024
音樂: Dance Alone - Sia & Kylie Minogue : (Spotify/YouTube Music/Deezer/Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 16 counts)

[S1] Step-Lock-Step, Step-Pivot 3/4R, Side, Behind, 1/4L Step-Lock-Step

1&2 Step forward on R, Lock L behind R, Step forward on R
3 4 Step forward on L, Make a $\frac{3}{4}$ turn right recover weight on R (9:00)
5 6 Step L to the side, Step R behind L
7&8 Make a $\frac{1}{4}$ turn left stepping forward on L (6:00), Lock R behind L, Step forward on L

[S2] Heel Grind 1/4R Turn, Shuffle Back, Out-Out, 2x Swivet R

1 2 Touch R heel over L, Heel grind $\frac{1}{4}$ turn right stepping back on L (9:00)
3&4 Shuffle back on R-L-R
5 6 Step out L to the side, Step out R to the side
7&8& Weight on R heel and L toe twisting R toe right and L heel left, Return to centre, Repeat twist, Return to centre with weight on right

[S3] Fwd, Fwd, Step-Pivot 1/4R-Cross Side-Back w/ Sweep, Behind-Side-Fwd w/ Sweep, Cross-Side

1 2 Step forward on L, Step forward on R
3& Step forward on L, Make a $\frac{1}{4}$ turn right recover weight on R (12:00)
4&5 Cross L over R, Step R to the side, Step back on L and sweeping R around
6&7 Step R behind L, Step L to the side, Step forward on R and sweeping L around
8& Cross L over R, Step R to the side

[S4] Coaster Step, Step-Pivot 1/2L, 3/4L Turn, Cross Rock

1&2 Step back on L, Step R next to L, Step forward on L
3 4 Step forward on R, Make a $\frac{1}{2}$ turn left recover weight on L (6:00)
5 6 Make a $\frac{1}{2}$ turn left stepping back on R, Make a $\frac{1}{4}$ turn left stepping L to the side (9:00)
7 8 Rock/cross R over L, Replace weight on L

-Restart here on Wall 5

[S5] Side, Point, 3/4L Turn, Back, Point, 1/4R-1/2R (Side Full Turn R)-

1 2 Step R to the side, Point L to the side
3 4 Make a $\frac{1}{4}$ turn left stepping forward on L, Make a $\frac{1}{2}$ turn left stepping back on R (12:00)
5 6 Step back on L, Point R to the side
7 8 Make a $\frac{1}{4}$ turn right stepping forward on R, Make a $\frac{1}{2}$ turn right stepping back on L (9:00)-

[S6] -1/4R, Point, Side Full Turn L, Box Step into-

1 2 - Make a further $\frac{1}{4}$ turn right stepping R to the side (12:00), Point L to the side
3 4 Make a $\frac{1}{4}$ turn left stepping forward on L, Make a $\frac{1}{2}$ turn left stepping back on R (3:00)
5 6 Make a $\frac{1}{4}$ turn left stepping L to the side (12:00), Cross R over L
7 8 Step back on L, Step R to the side

[S7] -Step-Pivot 1/2R, Fwd Shuffle, Fwd Rock, Side-Together

1 2 Step forward on L, Make a $\frac{1}{2}$ turn right recover weight on R (6:00)
3&4 Shuffle forward on L-R-L
5 6 Rock forward on R, Replace weight on L
7 8 Step R to the side, Step L next to R

[S8] Cross Rock, Hip Bump R-L, Side-Touch, 1/4R-Touch

- 1 2 Cross R over L, Replace weight on L
- 3 4 Step R to the side and hip bump to the right, Hip bump to the left
- 5 6 Step R to the side, Touch L next to R
- 7 8 Make a ¼ turn right stepping L to the side (9:00), touch R next to L

Restart on Wall 5 Count 32 (3:00)

**Ending suggestion: The last wall (Wall 6) starts facing 3:00. Dance up to Section 4 count 6 (6:00).
Touch/cross R over L, Unwind 1/2L to the front.**

(updated: 8/Oct/24)
