Alane

1, 2

3&4

5, 6

7&8

1. 2

3&4

5, 6

7&

88

1, 2

3&4

5, 6

7+8

1, 2 3+4

5. 6

7&8

1.2

3&4

5, 6

1, 2

3&4

5, 6

7&8&

7&8&



拍數: 64 牆數: 2 級數: Phrased Intermediate 編舞者: GoWildWest Isabel (CH) - March 2025 音樂: Alane - Robin Schulz & Wes Phrased: AB AAB AAB*AA (B* = Restart in A after Part 6) Intro: 5 x 8 counts wait Ending: you end at 6, do an unwind turn left to have face on 12 Part 1: diagonal side rock, behind side cross, diagonal side rock, behind side cross RF to the diagonal line right, weight back on LF RF cross behind LF, LF goes side left, RF cross before LF LF to the diagonal line left, weight back on RF LF cross behind RF, RF goes side right, LF cross before RF Part 2: step 1/2 turn left, shuf6le 1/2 turn left, back rock, kick ball cross, side rock and RF step forward, turn ½ left (Face to 6) do a shufβle or triple turn ½ left (Face back to 12) LF back rock, weight back on RF kick with LF in cross over RF, bring LF in cross position. So you have LF right on the RF. do with RF a side rock right, bring weight back on LF Part 3: heel strut & toe heel strut in a ¼ turn left, side rock turn ¼ left, cross shuffle RF heel strut (turn 1/4 to left) LF toe heel strut (like canadian stomp) RF side rock with ¼ turn left, bring weight back on LF RF cross over LF, LF to the side left, RF cross over LF Part 4: toe strut, shufflee back diagonal, back rock, kick and touch LF toe strut in the diagonal line backwards RF back, close LF next to RF, RF back LF rock step back, bring weight back on RF LF kick, step with LF forward, touch with RF next to LF B B* = Restart in A after Part 6 Part 5: step, lock, step-lock-step diagonal, rock recover shuffle back and change weight RF goes with a step diagonal forward, LF locked little bit cross behind RF RF goes forward, LF close next to RF, RF goes forward LF rock forward, recover weight on RF LF goes back, RF close next to LF, LF goes back, change weight with a little jump from LF to RF Part 6: do the same like part 5 in the diagonal line left. Start with LF LF goes with a step diagonal forward, RF locked little bit cross behind LF LF goes forward, RF close next to LF, LF goes forward RF rock forward, recover weight on LF RF goes back, LF close next to RF, RF goes back, change weight with a little jump from RF

Part 7 : side step, chasse right, cross rock, chasse left

to LF

1, 2 RF to the side right, close LF next to RF

3&4	RF to the side right, close LF next to RF, RF to the side right
5, 6	LF cross rock over RF, bring weight back on RF
7&8	LF tot he side left, close RF next to LF, LF to the side left

Part 8: cross, side, cross and cross, side rock, coaster turn in the diagonal right

1, 2 RF cross before LF, bring LF behind RF

3&4 RF cross before LF, bring LF behind RF, RF cross before LF

5, 6 LF rock to the side left, bring weight back on RF

7&8 LF step back, close back with RF, bring LF a step forward in the diagonal line right

Have so much Fun

Last Update: 1 Apr 2025