

Not Alone

拍數: 40 牆數: 2 級數: Improver
編舞者: Jo
音樂: I Won't Leave You Lonely - Shania Twain



½ MONTEREY TURN OVER RIGHT N' CROSS, STEP, LOCK, STEP, LOCK, STEP

- 1-2 Touch right toe to right side, pivot ½ a turn back over right shoulder on weight of left foot and step right foot in place
3&4 Touch left toe to left side, step left foot back in place, and cross right foot over left
5-6 Left step back, lock right over left
7&8 Left back, right lock, left back

RIGHT TOE BACK, ½ TURN, LEFT SHUFFLE, WALK RIGHT LEFT, RIGHT SHUFFLE

- 9-10 Step back on right toe, pivot ½ turn over right shoulder on left foot transferring weight from left to right foot
11&12 Step forward on left, bring right up to left, step forward on left
13-14 Step forward on right, step forward on left
15&16 Step forward on right, bring left up to right, step forward on right

LEFT SIDE ROCK - TOGETHER CROSS, TOE TAP, ROCK BACK ON LEFT, FORWARD ROCK, SHUFFLE ½ TURN

- 17-18 Step left to left side, rock weight back on to right
&19 Step left in place next to right, cross right over left
&20 Tap left toe in place behind right foot while clapping once, rock back onto left foot while clapping once
21-22 Rock weight forward onto right foot, rock weight back onto left foot
23&24 ½ turn over right shoulder on right, left, right

STEP SIDE, BEHIND, SIDE SHUFFLE ¼ TURN, STEP ½ TURN, FORWARD SHUFFLE

- 25-26 Step left to left side, step right behind left
27&28 Step left to left side, step right next to left, step left to left making ¼ turn over left shoulder
29-30 Step forward on right, ½ turn over left shoulder
31&32 Step forward on right, bring left up to right, step forward on right

STEP SIDE, BEHIND, SIDE SHUFFLE ¼ TURN, CROSS, BACK, KICKBALL CROSS

- 33-34 Step left to left side, step right behind left
35&36 Step left to left side, bring right up to left, step left to left side making ¼ turn over left shoulder
37-38 Cross right foot over left, step left foot back
39&40 Kick right foot forward, step in place, cross left over right. (so dance ends with weight on left.)

REPEAT