

# You Are Not Alone

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BY STEPHEN

拍數: 48      牆數: 1      級數: Advanced nightclub  
編舞者: Monique Rouleau & Dave Getty (USA)  
音樂: You Are Not Alone - Michael Jackson



Start the dance on 8&, facing 1:30

## FEATHER TURN WITH RONDE, TURNING BASIC PIQUE, LUNGE

8            Step left foot forward starting ½ circle to left  
&            Step right foot forward  
1            Step left foot to the side and make ½ turn right with a left foot rondé  
2            Step right foot behind left foot (face 12:00), turn ¼ left  
&            Step left foot forward, 3/8 turn left  
3            Step right foot to the side, turn ½ left  
4            Step left foot forward toward 10:30  
&            Step right foot forward, 1/8 turn right  
5            Step left foot to the side  
6            Step right foot together  
&            Cross left foot in front of right foot, turn ¼ right  
7            Step right foot forward, piqué turn ½ turn right  
8            Step left foot back, 3/8 turn right  
&            Step right foot forward toward 1:30  
1            Lunge left foot forward

## PULL ½ TURN, FORWARD, TOUR JETE, CHAINE LINE, CHAINE, LINE

2            ½ turn right keeping weight on left foot  
&            Step right foot forward toward 7:30  
3            Lift left foot forward  
4            Step left foot forward, tour jeté ½ turn left  
&            Step right foot back  
5            Lift left foot back  
6            Step left foot back starting turning left  
&            Step right foot together finishing 1 1/8 turn left  
7            Step left foot to the side with a line, turn ¼ right  
8            Step right foot forward  
&            Step left foot together, ¾ turn right  
1            Step right foot to the side with line

## DIAMOND FALLAWAY, RONDE

2            3/8 turn left keeping weight on right foot  
&            Step left foot forward toward 7:30  
3            Step right foot forward, 1/8 turn right  
3            Step left foot to the side, 1/8 turn right  
4            Step right foot back toward 4:30  
&            Step left foot back, 1/8 turn right  
5            Step right foot to the side, 1/8 turn right  
6            Step left foot forward toward 1:30  
&            Step right foot forward, 1/8 turn right  
7            Step left foot to the side, 1/8 turn right  
8            Step right foot back toward 10:30  
&            Step left foot back, 3/8 turn right

## **TWIST, FOUETTE, DOWN AND TURN ON KNEES, STAND UP**

- 1 Step right foot forward with rondé left foot turning  $\frac{1}{2}$  turn right
- 2 Cross left foot in front of right foot still turning right
- & Keep turning right finishing  $1\frac{3}{4}$  turn
- 3 Rondé right foot (face 12:00)
- 4 Cross right foot behind left leg into fouted turn
- 5 Step right foot to the side
- 6 Get down on left knee (face 1:30)
- & Full turn passing on right knee
- 7 Step left foot forward standing up
- 8 Hold

## **URNS LEFT MAKING A CURVE, SIDE, BACK $\frac{1}{2}$ TURN RIGHT, FORWARD**

- 1-3& Do 3 chainé on left foot turning left making a curve to the left
- 4  $\frac{1}{2}$  turn left on right foot and step right foot back, turn  $\frac{1}{4}$  left
- 5 Step left foot to the side, lift right foot behind left leg
- 6 Step right foot back (face 1:30)
- 7 Recover weight to left foot making  $\frac{1}{2}$  turn left
- 8 Step right foot forward toward 7:30

## **URNS RIGHT MAKING A CURVE, SIDE, TWIST FORWARD**

- 1-3& Do 3 chainé on right foot turning right making a curve to the left
- 4  $\frac{1}{2}$  turn right on left foot and step left foot back, turn  $\frac{1}{4}$  right
- 5 Step right foot to the side, lift left foot in front of right leg
- 6 Cross left foot in front of right foot, full turn right
- 7 Step right foot forward to 1:30

## **REPEAT**

## **TAG**

### **At the end of the 2nd wall**

- 8 Left foot lunge forward
- & Right foot recover
- 1 Left foot step to the side
- 2 Right foot lunge forward to 10:30
- & Left foot recover
- 3 Right foot step to the side

**Count 4 of the tag is count 8 of the beginning of the dance (left foot step forward to 1:30)**

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