

You Are Not Alone

COPPERKNOB
STEPSHEETS

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)
