

All Alone

拍數: 60 牆數: 2 級數: Intermediate/Advanced
編舞者: Simon Ward (AUS)
音樂: We're All Alone - Newton



- 1-2 Rock/step right forward, rock/step left back
3&4 Triple step in place right-left-right turning full turn right
5-6 Rock/step left forward, rock/step right back
7&8 Step left back, step right beside left, step left forward (coaster step)
- 1-2 Cross/step right over left, spin full turn left taking weight onto left
&3-4 Step right to slightly to right, step left slightly to left, hold
5-8 Swing hips right-left-right-left
- 1&2 Step right behind left, step left slightly to left, take weight onto right (sailor step)
&3-4 Step left beside right, rock right to right side, replace/rock weight on left
5&6 Step right behind left, step left slightly to left, take weight onto right (sailor step)
7-8 Cross/step left over right, unwind ½ turn right taking weight onto right
- 1&2 Shuffle forward left, right, left
3-4 Step right forward, pivot ½ turn left taking weight onto left foot
5-8 Step right forward, step left forward, turn ¼ turn right & step right forward, touch left next to right
- The next four counts are a slide/chug motion, be sure to pop the knee on the toe touches**
- 1-4 Step left back & touch right toe beside left, step right back & touch left toe beside right, repeat
5&6 Shuffle forward left-right-left
7&8 Turn a ¼ turn left & shuffle to right side right-left-right
- 1&2 Step left behind right, step right slightly to right, take weight onto left (sailor step)
3-4 Lock right behind left, unwind & pivot a full turn right (finish turn facing left corner-315 degrees turn right)
5-6 Step left forward on left diagonal, touch right toe behind left
7&8 Step right back, step left beside right, step right forward (coaster step on diagonal)
- 1-2 Step left forward, pivot ½ turn right taking weight onto right foot (still on diagonal)
3&4 Shuffle forward on diagonal left-right-left
5-6 Step right forward, touch left toe behind right
7-8 Step back left-right - turning to your right & to starting wall
- 1-2 Rock/step left forward, rock/step right back
&3-4 Step left beside right, step right forward, pivot ½ turn left taking weight onto left

REPEAT