

# All Alone

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Michelle Webb (UK)  
音樂: Left Outside Alone - Anastacia



## WALK, WALK, MAMBO FORWARD, WALK BACK, WALK BACK, MAMBO SIDE STEP

1-2      Walk forward on right foot, walk forward on left foot  
3&4      Rock forward on right, recover weight back onto left, step back onto right  
5-6      Walk backwards on left foot, walk back wards on right foot  
7&8      Rock back on left, recover weight on right, step left to left side

## RIGHT SAILOR, ¼ TURN LEFT SAILOR TWICE

1&2      Step right behind left, recover weight on left, step right to right side  
3&4      Step left behind right, recover weight onto right, ¼ turn right stepping left to left side  
5&6      Step right behind left, recover weight on left, step right to right side  
7&8      Step left behind right, recover weight onto right, step left to left side

## POP KNEE, ¼ TURN, BACK TOUCH TWICE, WALK TWICE, TRIPLE HALF TURN

1-2      Pop right knee, ¼ turn right touching right toe next to left  
&3      Step back right, touch left toe forward  
&4      Step back left, touch right toe forward  
&      Step right down in place  
5-6      Walk left foot forward, walk right foot forward  
7&8      Step forward left, ¼ turn right stepping on right, ¼ turn right stepping forward on left

## DIG RIGHT HEEL, DIG LEFT HEEL, TRIPLE TWIST ¼ TURN RIGHT TWICE

1&      Dig right heel forward, step on right in place  
2&      Dig left heel forward, step onto left in place  
3&4      Twist heels left, right, left ¼ turning right  
5&      Dig right heel forward, step on right in place  
6&      Dig left heel forward, step onto left in place  
7&8      Twist heels left, right, left ¼ turning right

## HEEL JACK RIGHT, HEEL JACK LEFT, SWEEP ¾ LEFT, STEP, SLIDE

1&2      Cross step right over left, step down on left, dig right heel  
&3      Step down on right, cross left over right  
&4      Step right to right side  
&      Step down on left foot  
5-6      Sweep right foot round ¾ turn left bringing right toe in to meet left foot - no weight on right  
7-8      Step right to right side, slide left next to right

## HIP BUMPS, CROSS SHUFFLE, ROCK LEFT, ROCK RIGHT, SAILOR STEP

1&2      Bump hips left, right, left, taking weight onto left  
3&4      Cross right over left, bring left to meet right foot, cross right over left  
5-6      Rock right foot to right side, recover weight back onto left foot  
7&8      Rock left behind right, step down on right, step left to left side

## KICK AND POINT, KICK AND POINT, SLOW JAZZ BOX

1&2      Kick right foot forward, step right next to left, and point left toe to left side  
3&4      Kick left forward, step down on left, point right toe to right side  
5-6      Cross right over left, step left back

7-8 Step right to right side, cross left over right

**RIGHT ROCK RECOVER SAILOR CROSS, LEFT ROCK RECOVER SAILOR CROSS**

1-2 Rock right to right side, recover back on left

3&4 Step right behind left, step left to left side, cross right over left

**Optional: on counts 3&4 triple full turn over left shoulder stepping right left, right**

5-6 Rock left to left side, recover weight back onto right

7&8 Step left behind right, step right to right side, cross left over right

**Optional: on counts 7&8 triple full turn over right shoulder stepping left, right, left**

**REPEAT**

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