

# Alone

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Cecilia Yong (SG)  
音樂: Alone - Bee Gees



## RIGHT KICK BALL CHANGE, ROLLING RIGHT GRAPEVINE, LEFT KICK BALL CHANGE

- 1&2      Kick right foot forward, step right foot together, step left foot together
- 3      Step right foot to right side turning  $\frac{1}{4}$  right
- 4      Turn  $\frac{1}{4}$  right on right foot and place weight on left foot
- 5      Pivot  $\frac{1}{2}$  right on left foot and place weight on right foot (completing full turn)
- 6      Touch left foot slightly to left side
- 7&8      Kick left foot forward, step left foot together, step right foot together

## ROLLING LEFT GRAPEVINE, JAZZ BOX WITH $\frac{1}{2}$ RIGHT TURN

- 1      Step left foot to left side turning  $\frac{1}{4}$  left
- 2      Turn  $\frac{1}{4}$  left on left foot and place weight on right foot
- 3      Pivot  $\frac{1}{2}$  left on right foot and place weight on left foot (completing full turn)
- 4      Touch right foot slightly to right side
- 5-6      Cross right over left, step back on left
- &      Step right next to left
- 7-8      Step left forward, pivot on balls of both feet  $\frac{1}{2}$  turn on the right( weight ends on left)

## CROSS SHUFFLE, SIDE ROCK, RIGHT WEAVE WITH $\frac{1}{4}$ RIGHT TURN

- 1&2      Cross step right foot over left, step left foot together, cross step right foot over left
- 3-4      Step left to left side, rock weight on right
- 5-6      Step left across right, step right to right
- 7-8      Step left behind right, turn  $\frac{1}{4}$  to right and step forward on right

## LEFT FORWARD SHUFFLE, ROCKING CHAIR, RIGHT HOOK ACROSS LEFT, HOLD

- 1&2      Step forward on left, close right to left, step forward on left
- 3-4      Rock step right forward, recover weight back on left
- 5-6      Rock step right back, recover weight forward on left
- 7-8      Hook right up across front of left shin (weight on left), hold

REPEAT

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