

# Alone Again, Naturally

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Trish Arena (AUS)  
音樂: Alone Again Naturally - Gilbert O'Sullivan



- 1-2            Step right to right side, step left forward and across right  
&3-4        Step right to right side, cross left behind right, unwind  $\frac{3}{4}$  turn left (keep weight on left)  
5-6         Rock forward right, replace weight on left  
7&8         Full turn right stepping right-left-right on spot
- 9&10&  
11&12       Rock forward on left, replace weight on right, rock left to side, replace weight on right  
Step left across right, step right to right side, step left across right  
13-14       Turn  $\frac{1}{4}$  left and step back on right, sweep left around and step back on left  
15&16       Sweep right around and step on right behind left, step left to left side, cross right over left
- &17-18      Step left to left side, rock right back, replace weight on left  
&19-20      Step right to right side, rock left back, replace weight on right  
21-22       Moving forward make a full turn right stepping left-right  
23&24       Shuffle forward left-right-left
- 25&26       Rock forward right, replace weight on left, step right beside left  
27&28       Rock back left, replace weight on right, step left beside right  
29&30       Cross right over left, step slightly back on left, tap right heel 45 degrees to right  
&31&32      Step right to right, cross left over right, step slightly back on right, tap left heel 45 degrees to left
- &33-34      Step left beside right, rock forward on right, replace weight on left  
35&36        $\frac{3}{4}$  turn right stepping right-left-right  
37-38       Cross left over right, point right toe to right side  
39-40       Cross right over left, point left toe to left side
- 41-42       Cross left over right, turn  $\frac{1}{4}$  left and touch right back  
&43-44      Shuffle forward right-left-right  
45-46       Moving forward make a full turn right stepping left-right  
&47-48       Rock forward on left, replace weight on right
- 49&50       Step back on left, lock right across, step back on left  
&51-52      Step back on right, lock left across, step back on right  
53-54       Step left beside right, cross right over left, step left to left side  
55&56       Step right behind left, step left to left side
- 57-58       Rock right to right side, replace weight on left and hinge  $\frac{1}{2}$  turn right  
59-60       Step right to right side, step left beside right  
61-64       Repeat steps 57-60

**REPEAT**

**RESTART**

During the third wall, restart after count 32

**FINISH**

1-4

Rock right to right side, replace weight on left, cross right over left, unwind a full turn left keeping weight on right and bring feet together

---