

Alone Now

COPPERKNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Tom Glover (AUS) - September 2007
音樂: I Think We're Alone Now - Girls Aloud : (CD: The Sound Of Girls Aloud)



1-2-3-4 Walk forward left, right, left, kick right forward
5-6-7-8 Step right back, kick left to left diagonal, step left back, kick right to right diagonal

1-2-3-4 Step right back, rock forward onto left, cross right over left, turn $\frac{1}{4}$ right as you step back onto left
5&6-7-8 Shuffle back right, left, right, rock back onto left, rock forward onto right

1-2-3-4 Step left to left side, touch ball of right diagonally forward right, step right to right side, touch ball of left diagonally forward left
&5&6-7-8 (The next 2 counts travel back) step left back, touch ball of right forward, step right back, touch ball of left forward, rock back onto left, rock forward onto right

1-2-3&4 Turn $\frac{1}{4}$ right and step sway left, step sway right, shuffle to your left side left, right, left
5-6-7-8 Rock back onto right, rock forward onto left, step forward on right, pivot $\frac{3}{4}$ left on right and hook left against right shin

REPEAT

TAG: After 3rd sequence facing 3:00

1-2-3-4 Left rocking chair: rock forward on left, rock right back, rock left back, rock forward on right
5-6-7-8 Step forward on left, pivot $\frac{1}{2}$ right, step forward on left, pivot $\frac{1}{2}$ right

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