

Alone Now

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mike Belk (UK) - December 2006
音樂: I Think We're Alone Now - Girls Aloud



Sequence:- AA B TAG AA BB AA BBB

PART A

WALK, WALK, SHUFFLE FORWARD, STEP TURN 1/4, CROSS SHUFFLE

1-2 Walk forward left, right
3&4 Step forward Left, Step Right next to Left, Step forward Left
5-6 Step forward Right, Turn 1/4 Left onto Left
7&8 Cross Right over Left, Step Left to Left side, Cross Right over Left

SIDE TOGETHER, CHASSE LEFT 1/4 TURN, ROCK RECOVER, 1/2 TURN TURN SIDE

1-2 Step Left to Left side, Step Right next to Left
3&4 Step Left to Left side, Step Right next to Left, Step Left side turning 1/4 Left
5-6 Rock forward Right, Recover onto Left
7&8 Turn 1/4 turn Right stepping Right, Step on Left next to Right, Step on Right turning 1/4 Right

CROSS ROCK RECOVER, CHASSE LEFT, ROCK BACK RECOVER, STEP TURN STEP

1-2 Cross Left over Right, Recover onto Right
3&4 Step Left to Left side, Step Right next to Left, Step Left to Left side
5-6 Rock back on Right, Recover forward onto Left
7&8 Step forward on Right, Pivot 1/2 Turn Left onto Left, Step forward onto Right

TOUCH, TOUCH, SAILOR STEP, TOUCH, TOUCH, BEHIND SIDE FORWARD

1-2 Touch Left toe forward, Touch Left toe to Left Side
3&4 Step Left Behind Right, Step Right to Right side, Step Left to Left side
5-6 Touch Right Toe forward, Touch Right toe to Right side
7&8 Step Right behind Left, Step Left to Left side, Step forward on Right

PART B (Danced at each Chorus)

CROSS SIDE, BEHIND SIDE CROSS, ROCK RECOVER, CROSS SHUFFLE

1-2 Cross Left over Right, Step Right to Right side
3&4 Step Left behind Right, Step Right to Right side, Cross Right over Left
5-6 Rock Right to Right side, Recover onto Left
7&8 Cross Right over Left, Step Left to Left side, Cross Right over Left

ROCK RECOVER, BEHIND 1/4 TURN STEP, WALK, WALK, MAMBO 1/4 TURN

1-2 Rock Left to Left side, Recover onto Right
3&4 Step Left Behind Right, Step Right to Right side Turning 1/4 Right, Step forward Left
5-6 Walk forward Right, Left
7&8 Rock forward onto Right, Recover onto Left turning 1/4 Left, Step Right next to Left

SIDE TOGETHER, CHASSE LEFT, ROCK BACK RECOVER, 1/4 TURN CHASSE RIGHT

1-2 Step Left to Left side, Step right next to Left
3&4 Step Left to Left side, Step Right next to Left, Step Left to Left side
5-6 Rock back onto Right, Recover forward onto Left
7&8 Step forward Right turning 1/4 Left, step Left next to Right, Step Right to Right side

SIDE BEHIND, & HEEL & CROSS, ROCK RECOVER, SAILOR STEP

1-2 Step Left to Left side, Step Right behind Left

&3&4 Step Left in place, Step Right heel diagonally forward, Step Right in place, Cross Left over Right
5-6 Rock Right to Right side, Recover onto Left
7&8 Step Right behind Left, Step Left to Left side, Step Right to Right side
(To finish facing front on last B dance steps 7&8 Right Sailor steps with 1/2 right.)

TAG (Once only after first B)

ROCK RECOVER, COASTER STEP x 2

1-2 Rock forward Left, Recover onto Right
3&4 Step back Left, Step back Right, Step forward Left
5-6 Rock forward onto Right, Recover onto Left
7&8 Step back Right, Step back Left, Step forward Right
