

# Not Alone

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Reet (UK) - January 2008  
音樂: You Are Not Alone - Eagles : (Album: Long Road Out Of Eden)



Start on vocals - 16 count intro.

**L TWINKLE, R TWINKLE- L OVER. RONDE R, FWD 1/4 TURN L, ROCK FWD ON R, L LOCK BK**

1 & 2      cross L. over R. 2 small steps to side on R & L.  
3 & 4      cross R. over L. 2 small steps to side on L. & R.  
5-6      cross L. over R. sweep R. round front making a ¼ turn L. rock fwd. on R.  
7 & 8      step back on L. close R over front of L. step back on L.

**R SAILOR 1/2 TURN R, 1/4 TURN R, and CHASSE L SWAY R & L using body**

1 & 2      make ½ turn R. on R.L.R. ( on the spot )  
3 & 4      make ¼ turn R. with side on L. close R. to L. step side on L (chasse)  
5 & 6      sway onto R. (turn body slightly R.) sway onto L. (turn body slightly L.)  
7 & 8      sway R. making ¼ turn R. with R. shuffle fwd.

**ROCK FWD on L. Rec. 1/4 L. ONTO L.- ROCK FWD. on R. Rec. 1/2 TURN R ONTO R, STEP FWD. ON L, 1/4 TURN R ONTO R. `and` ( onto L), SWAY R & L**

1 & 2      rock fwd. on L. recover bk. on R. make ¼ turn L. onto L.  
3 & 4      rock fwd. on R. recover bk. on L. make ½ turn R. onto R.  
5-6      step fwd. on L. make ¼ turn R. weight onto R.  
7 & 8      bring L. quickly next to R. and sway R. & L.

**R LOCK BK, L LOCK BK, Full triple turn R on the spot - Mambo fwd on L, Rec. Point L, to L, SIDE**

1 & 2      step bk. on R. close L. over front of R. step bk. on R.  
3 & 4      step bk. on L. close R. over front of L. step bk. on L.  
5 & 6      full turn over R. on R.L.R. ( on the spot )  
7 & 8      rock fwd. on L. recover bk. onto R. point L. to L. side

Begin again.

**TAG:**

1 & 2 -3-4      L. Cross shuffle Rec. Bk. on R. step side on L.  
5 & 6- 7-8      R. Cross shuffle. Make ½ turn R. ( hinge ) on L.R.  
9-16      Repeat above steps again..

**Sequence: Dance x 2 Tag end of wall 2 (6 o'clock)**

**Dance x 1 Tag end of wall 3 (9 o'clock)**

**Dance x 1 Finish front wall (12 o'clock)**