

Another Day

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Celia Stevens (NZ) - September 2009
音樂: You Are Not Alone - Michael Jackson : (CD: History)



Intro; start on the word 'Gone'

(1-8) STEP L SIDE, R ROCK BACK, L RECOVER, STEP R SIDE, L ROCK BACK, R RECOVER, FWD FULL-TURN, FULL-TURN, FWD, SIDE.

1,2 & Step L to left, Step R back slightly behind left, Recover weight to L
3,4 & Step R to right, Step L back slightly behind right, Recover weight to R
5 & Step L forward, Turn ½ left step R back (6:00),
6 & Turn ½ left step L forward (12:00), Turn ½ left step R back (6:00),
7 & Turn ½ left step L forward (12:00), Step R forward – *{Wall 5 tag/restart here}.
8 Step L to left.

(9 – 16) SWAY R-L, R BACK LOCK, & ½ TURN, FWD SWEEP R-L, R SIDE-ROCK-CROSS.

1, 2 Step R to right & bump hip, Bump Left hip (weight ends on left)
3 & 4 Step R back, Step L over right, Step R back
& Turn ½ left step L together (6:00)
5 & Sweep R to side, Step R forward
6 & Sweep L to side, Step L forward
7 & 8 Step R to right, Recover weight to L, Cross R over left

(17 – 24) L SIDE-ROCK-CROSS, SWEEP R FWD-BACK, L SAILOR, R ½ SAILOR-CROSS.

1 & 2 Step L to left, Recover weight to R, Cross L over right
3, 4 Sweep R forward, Sweep R back (weight to right)
5 & 6 Sweep/step L behind right, Step R to right, Step L to left
7 & 8 Step R behind left, Turn ½ right step L together, Step R over left (12:00)

(25 – 32) & SIDE, CROSS ROCK/RECOVER, & CROSS ROCK/RECOVER, & ½ PIVOT, ½ TURN BACK, BACK ROCK TOUCH TOG.

& 1,2 Step L to side, Step R over left, Recover weight to L
& 3,4 Step R to side, Step L over right, Recover weight to R
& 5 & Step L together, Step R forward, Turn ½ left weight to L (6:00)
6 Turn ½ left step R back (12:00)
7 & 8 Step L back, Recover weight to R, Touch L together

(33 – 40) L FWD ¼ ¼, ¼ ¼ ¼, BACK ROCK/RECOVER-SIDE, BEHIND-SIDE-CROSS.

1 & Step L forward, Turn ¼ left step R together(9:00),
2 Turn ¼ left step L to side (6:00)
3 & Turn ¼ left step R to side (3:00), Turn ¼ left step L to side (12:00)
4 Turn ¼ left step R to side (9:00)
5 & 6 Step L back slightly behind right, Recover weight to R, Step L to side
7 & 8 Step R behind left, Step L to side, Step R over left

(41 – 48) L SIDE-ROCK-CROSS, ¼ – ¼ – CROSS, L SIDE-ROCK-¼-FWD, FWD TRIPLE FULL TURN.

1 & 2 Step L to side, Recover weight to R, Step L over right
3 & 4 Turn ¼ left step R back, Turn ¼ left step L to side, Step R over left (3:00)
5 & 6 Step L to side, Recover onto R turning ¼ right, Step L forward (6:00)
7 & 8 Travelling forward turning left triple step R, L, R (6:00) – # (Wall 2 & 4 add tag here)

TAG: At the end of Wall 2 and Wall 4 add the following 4 counts. Then restart from the beginning facing 12:00 both times.

1,2,3,4 Sway L, Sway R, Sway L, Sway R

TAG/RESTART: On Wall 5 Dance up to count 7 & then touch L beside right & restart from the beginning facing 12:00

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