

All Alone

拍數: 48 牆數: 2 級數: Improver
編舞者: Dave Powney (UK) - March 2010
音樂: Coming Home - Lemar : (CD: Lemar The Hits)



32 count intro (approx 16 seconds)

SECTION 1: MODIFIED RUMBA BOX

1-2 step r fwd,touch l next to r,
3-4 step l to l side,step r next to l,
5-6 step back on l,touch r next to l,
7-8 step r to r side, touch l next to r

SECTION 2: SHUFFLE,WALK X2,STEP HIP BUMPS, HIP BUMPS,

1&2 step l fwd, close r beside l,step l fwd,
3-4 walk fwd r,l
5&6 step r fwd bumping hips fwd/back/fwd
7&8 bump hips back/fwd/back (transferring weight onto l)

SECTION 3: JAZZ BOX, ROLLING VINE (OR GRAPEVINE)

1-4 cross r over l, step l back, step r to r side, touch l next to r
5-6 step l to l making 1/4 turn l,1/2 turn l stepping back r,
7-8 1/4 turn l stepping l to l side, touch r next to l

SECTION 4: HEEL, HOOK, STEP,TOUCH,S TEP,TOUCH, POINT,CROSS

1-2 r heel fwd, hook r foot in front of l knee,
3-4 step r fwd, touch l toe next to r,
5-6 step l back, touch r next to l,
7-8 point r to r side, cross r over l,

SECTION 5: SHUFFLE BACK, COASTER, STEP 1/2TURN WALK,WALK

1&2 step l back, close r next to l, step l back,
3&4 step r back, step l next to r, step r fwd,
5-6 step l fwd,1/2 pivot turn r,
7-8 walk fwd l,r

SECTION 6 : CHASSE L,ROCK BACK R, RECOVER L, R ROCKING CHAIR.

1&2 step l to l side,step r next to l,step l to l side,
3-4 rock back r, recover onto l,
5-6 rock fwd r,recover onto l,
7-8 rock back r, recover onto l.

End Of Dance