

Alone

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Tan Candy (SG) - December 2008
音樂: Alone (Female Version) - Kara
或: Alone (Male Version) - Lim Jae Wan



Dedicated To All My Linedance Friends: With you around, I was never alone in this journey. kamsa hamnida

Start after 32 counts

Section 1: R Dorothy, Step, Forward Mambo, Back Lock Step, Step

1-2& Step forward on R to R diagonal, lock step L behind R, step forward on R to R diagonal
3-4&5 Step forward on L, rock forward on R, recover weight on L, step back on R
6&7 Step back on L, lock step R across L, step back on L
8 Step back on R with L leg extended forward

Section 2: L Dorothy, Slow Skate ¼ Turn, Sway, Hold, Sway x2

1-2& Step forward on L to L diagonal, lock step R behind L, step forward on L to L diagonal
3-4 Skate R over 2 counts making ¼ turn R (3:00)
5,6,7,8 Step L forward to L diagonal and sway hips L (body faces 4:30), hold, sway R, sway L

Section 3: Forward Rock, Step ¼ Turn, Drag, Ball, Step, Cross, Unwind Full Turn, R Sailor

1-2 Rock forward on R squaring back to face 3:00, recover weight on L
3-4&5 Make ¼ turn R stepping R to R side (6:00), drag L towards R, step ball of L beside R, step R to R side
6-7 Cross L over R, unwind full turn R taking weight on L
8&1 Sweep R to step behind L, step L to L side, step R to R side

Section 4: L Sailor ½ Turn, Forward Lock Step, Full Turn L, Step

2&3 Sweep L to step behind R making ½ turn L (12:00), step R beside L, cross L over R
4&5 Step forward on R, lock step L behind R, step forward on R
6-7 Make ½ turn L stepping forward on L (6:00), make ½ turn L stepping back on R (12:00)
8 Step back on L with R knee popping forward

Section 5: R Dorothy, L Dorothy, Forward Rock, Step, Step, Pivot ½ Turn

1-2& Step forward on R to R diagonal, lock step L behind R, step forward on R to R diagonal
3-4& Step forward on L to L diagonal, lock step R behind L, step forward on L to L diagonal
5-6& Rock forward on R, recover weight on L, step R beside L
7-8 Step forward on L, pivot ½ turn R taking weight on R (6:00)

Section 6: Step ¼ Turn, Behind, Side, Cross Rock, Step, Cross, Step ¼ Turn, ¼ Turn Side Rock Cross

1 Make ¼ turn R stepping L to L side (9:00)
2&3 Step R behind L, step L to L side, cross rock R over L
4&5,6 Recover weight on L, step R beside L, cross L over R, make ¼ turn R stepping forward on R (12:00)
7&8 Make ¼ turn R rocking L to L side (3:00), recover weight on R, cross L over R

Section 7: Step ¼ Turn, Sweep, Cross Back Side x2, Cross, Ball

1-2 Make ¼ turn R stepping forward on R (6:00), sweep L from back to front
3&4 Cross L over R, step back on R, step L to L side
5&6,7 Cross R over L, step back on L, step R to R side
8& Cross L over R, step ball of R to R side

Section 8: Cross Rock, Rumba Box Forward, Touch, Slow Hip Roll

- 1-2 Cross rock L over R, recover weight on R
- 3&4 Step L to L side, step R beside L, step forward on L
- 5 Touch R in front of L
- 6,7,8 Hip roll over 3 counts starting from L in anti-clockwise direction (ends with weight on L)

REPEAT

RESTART

During wall 3, restart dance after 32 counts. (facing 12:00)

ENDING

The dance will end during Wall 6. After count 16 (facing 4:30), add the following 1 count:

- 1 Make 3/8 turn L stepping forward on R (spread arms slightly apart from 1st position) (12:00)
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