

# Your Not Alone

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Peter Jones (UK) & Anna Lockwood (UK) - October 2011  
音樂: I Won't Let You Go - James Morrison : (Album: The Awakening)



Starts 27 secs in.

**S1: ¼ , Touch, Shuffle ½, Rock, Recover, Shuffle ½.**

1-2            Step ¼ R Onto R, Touch L Next To R.  
3&4           Step ½ L Onto L, Step R Next To L, Step Forward Onto L.  
5-6           Rock Forward Onto R, Recover Onto L.  
7&8           Step ½ R Onto R, Step L Next To R, Step Forward Onto R.

**S2: Step, ½, Shuffle, ¼ Rock, Recover, Behind, Side, Cross.**

1-2            Step Forward Onto L, Pivot ½ R Onto R.  
3&4           Step Forward Onto L, Step R Next To L, Step Forward Onto L.  
5-6           Step ¼ L Onto R, Recover Weight Onto L.  
7&8           Step R Behind L, Step L To L Side, Cross R Over L.

**S3: ¼ , Touch, Shuffle ½, Rock, Recover, Shuffle ½.**

1-2            Step ¼ L Onto L, Touch R Next To L.  
3&4           Step ½ R Onto R, Step L Next To R, Step Forward Onto R.  
5-6           Rock Forward Onto L, Recover Onto R.  
7&8           Step ½ L Onto L, Step R Next To L, Step Forward Onto L.

**S4: Step, ½, Shuffle, ¼ Rock, Recover, Behind, Side, Cross.**

1-2            Step Forward Onto R, Pivot ½ L Onto L.  
3&4           Step Forward Onto R, Step L Next To R, Step Forward Onto R.  
5-6           Step ¼ R Onto L, Recover Weight Onto R.  
7&8           Step L Behind R, Step R To R Side, Cross L Over R.

**S5: Rock, Recover, Behind, ¼, Step, Walk L, R, Samba Step.**

1-2            Rock R Forward To R Diagonal, Recover Weight Onto L.  
3&4           Step R Behind L, Step ¼ L Onto L, Step Forward Onto R.  
5-6           Step Forward Onto L, Step Forward Onto R.  
7&8           Rock L To L Side, Recover Weight Onto R, Step Forward Onto L.

**S6: Rock, Recover, Shuffle ½, Walk L, R, Samba Step.**

1-2            Rock Forward Onto R, Recover Weight Onto L.  
3&4           Step ½ R Onto R, Step L Next To R, Step Forward Onto R.  
5-6           Step Forward Onto L, Step Forward Onto R.  
7&8           Rock L To L Side, Recover Weight Onto R, Step Forward Onto L.

**S7: Rock, Recover, Shuffle ½, Step ½, Step ¼, Cross Shuffle.**

1-2            Rock Forward Onto R, Recover Weight Onto L.  
3&4           Step ½ R Onto R, Step L Next To R, Step Forward Onto R.  
5-6           Step ½ R Back Onto L, Step ¼ R Onto R.  
7&8           Cross L Over R, Step R To R Side, Cross L Over R.

**S8: Rock, Recover, Behind, Side, Cross, Rock, Recover, Behind, Side, Cross.**

1-2            Rock R Forward To R Diagonal, Recover Weight Onto L.  
3&4           Step R Behind L, Step L To L Side, Cross R Over L.

5-6                    Rock L Forward To L Diagonal, Recover Weight Onto R.  
7&8                    Step L Behind R, Step R To R Side, Cross L Over R.

**Have Fun and Dance With A Smile ;0)**

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