

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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