

Alone

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Ivonne Verhagen (NL) - October 2011
音樂: Alone - Kelly Clarkson : (Album: Stronger)



Dance starts after 32 counts (on vocals)

MONTEREY TURN ½, MONTEREY ¼ TURN, ROCK STEP, LOCKSTEP BACK

1,2 RF touch side, ½ turn right & close RF to LF
3,4 LF touch side, ¼ turn left & close LF to RF
5,6 RF rock forward, weight back on LF
7&8 RF step back, LF lock over RF, RF step back

¼ TURN, TOUCH SIDE, ¼ TURN, STEP, PIVOT, PADDLE ¼ TURN, PADDLE ½ TURN, TOUCH

1,2 ¼ turn left & step LF side, RF touch right to the side
3,4 ¼ turn right & step RF forward, LF step forward
5,6 RF step forward, ½ turn left & LF step forward
7,8 ¼ turn left & touch RF to LF, ½ turn left & touch RF side

* Restart in wall 9

SAILOR STEP, TOUCH, ¼ TURN, TOUCH, BODYROLL BACK, BODYROLL FORWARD

1&2 RF close behind LF, LF step side, RF step side
3,4 LF touch to RF (Knee in), ¼ turn left (weight on RF) Left toe touch forward
5,6 Bodyroll back in 2 counts
7,8 Bodyroll forward in 2 counts (weight ends on LF)

ROCKSTEP, ½ TURN SHUFFLE, PIVOT ½ TURN, ¾ TURN & SWEEP, CLOSE

1,2 RF rock forward, LF weight back on LF
3&4 ¼ turn right & RF step side, LF close to RF, ¼ turn right & RF step forward
5,6 LF step forward, ½ turn right & RF step forward
7,8 ¾ turn right (on RF) while making a sweep with LF, end weight on LF

Restart/Tag: In wall 9 you will only dance the first 16 counts then restart the dance.

Have fun!!