

You Are Not Alone

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Novice - NC
編舞者: Lone Darling (DK) - September 2012
音樂: You Are Not Alone - Michael Jackson



Basic Step R, Step Side, Step Back x3, Coaster Step, Full Turn

1 RF step out to the side
2 LF step behind RF, 3. position
& RF cross over LF
3 LF step out to the side
4 RF step diagonal back (1.30)
& LF step diagonal back (1.30)
5 RF step diagonal back (1.30)
6 LF step diagonal back (1.30)
& RF step together
7 LF step diagonal forward (1.30)
8 RF ½ step back, turn left (7.30)
& LF ½ step forward (1.30)

Step Forward Sweep, Cross, Step Back, Step Side Sweep, Cross, Step Back, Basic Step R, Step Side, Cross Step, Step Side

1 RF step diagonal forward, sweep with LF
2 LF cross over RF
& RF step back
3 LF step out to the side, sweep forward RF
4 RF cross over LF
& LF step back
5 RF step out to the side
6 LF step behind RF, 3. position
& RF cross over LF
7 LF step out to the side
8 RF cross over LF
& LF Step out to the side

* (Restart)

Rock Diagonal, Recover, ¼ Step, Cross, Unwind, Step Forward, Lockstep, Step Forward, ½ Turn

1 RF rock diagonal forward left (10.30)
2 LF recover
& RF ¼ step forward (3.00)
3 LF cross over RF
4,& RF unwind full turn (3.00)
5 LF step forward
6 RF step forward
& LF lock back RF
7 RF step forward
8 LF step forward
& RF turn ½ right (9.00)

Walk Forward X3, Step Forward, ½ Turn, Big Step Forward, Full Turn, ¼ Basic Step L

1 LF step forward
2 RF step forward
3 LF step forward

4 RF step forward
& LF ½ turn left (3.00)
5 RF big step forward
6 LF ½ step back , turn right (9.00)
& RF ½ step forward (3.00)
7 LF ¼ step out to the side (6.00)
8 RF step behind LF, 3. position
& LF cross over RF

Tag: 4 counts after wall 3

Basic Step R, Basic Step L

1 RF step out to the side
2 LF step behind RF, 3. position
& RF cross over LF
3 LF step out to the side
4 RF step behind LF, 3. position
& LF cross over RF

*** Restart: after the first 16 counts on wall 6.**

The end
