

# You're Not Alone

**COPPER** **NOB**  
BY STEPHEN

拍數: 32                      牆數: 2                      級數: Intermediate  
編舞者: Hans Palm (SWE) - January 2014  
音樂: You're Not Alone - BWO : (Album: Big Science, track 6 - 3:03)



**Intro: 16 counts of piano instrumental**

**S1: BASIC NIGHT CLUB STEP L, TURN R ¼ + FULL TURN R, SPIRAL TURN R 1 ¼, STEP R L, ROCK FW R & BACK L R**

1,2&                      Step L to L side (1), step R behind L (2), cross L over R (&)  
3,4&                      Turn ¼ R on R (3) 3:00, turn ½ R on L (4) 9:00, turn ½ R on R (&) 3:00  
5,6&                      Spiral turn 1 ¼ R on L (5) 6:00, step forward on R (6), step forward on L (&)  
7,8&                      Rock forward on R (7), rock back on R and step back on L (8), step back on R (&)

**S2: L BACK WITH SWEEP R BEHIND L & SIDE L, CROSS R OVER L & STEP TURN R ¼, L FW & FULL TURN L, TURN ¼ L & SWAY R L**

1,2&                      Step L back with sweep on R front to back (1), step R behind L (2), step L slightly to L side (&)  
3,4&                      Cross R over L (3), Step L to L side, turning ¼ R (4) 9:00, step forward on R (&)  
5,6&                      Step forward on L, preparing for turn L (5), turn ½ L on R (6) 3:00, turn ½ L on L (&) 9:00  
7,8                        Turn ¼ L and sway R on R (7) 6:00, sway L on L (8)

**S3: SIDE + CROSS + TURN 1/8 L ON R, TURN 1/8 L ON L + ¼ L ON R + CROSS L OVER R, SWAY R SWAY L with ¼ TURN R with SWEEP R BEHIND L, R L & ROCK FW ON R**

1,2&                      Step R to R side (1), cross L over R (2), turn 1/8 L stepping back on R (&) 4:30  
3,4&                      Turn 1/8 L stepping on L to side (3) 3:00, turn ¼ L stepping on R to side (4) 12:00, cross L over R (&)  
5,6                        Sway R on R (5), sway back L and turn ¼ R on L with sweep on R front to back (6) 3:00  
7&8                      Step R next to L (or slightly behind) (7), step L next to R (&), rock forward on R (8)

**S4: BACK L R L WITH SWEEP, ROCK BACK R & RECOVER, JAZZ BOX R OVER L WITH TURN R 1/8+1/8, CROSS R OVER L**

1,2,3                      Rock back on L with sweep R front to back (1), step back on R with sweep L front to back (2), step back on L with sweep R front to back (3)  
4&                        Rock back on R (4), recover on L (&)  
5,6,7                      Cross R over L (5), step back on L (6), turn 1/8 R stepping R to the side (7) 4:30  
8&                        Turn 1/8 R stepping L to the side (8) 6:00, cross R over L (slightly to left diagonal) (&)

## TAGS/RESTARTS

**Wall 1 (6:00): Two extra counts are added after counts 1-8 in section 4 (no & after count 8), ending with chasse L into basic L in section 1**

9,10&                      Cross R over L (slightly to left diagonal) (9), Step L to L side (10), step R next to L (&)

**Wall 3 (6:00): After section 2, add another sway R and chasse L into restart with basic L**

9,10&                      Sway R (9), step L to L side (10), step R next to L (&)

**Wall 5 (12:00): After sway R on count 5 in section 3, chasse L into restart with basic L**

6&                        Step L to L side (6), step R next to L (&)

## ENDING

**After section 1 on wall 7 (12:00), walk back L (9) & R (10) with sweep on other foot, end with L behind R (11) ARMS (optional in chorus sections in wall 2, 4 & 6)**

**Cross arms in downwards in front of you and sweep up and circular with fingers spread until arms are stretched to sides, on phrase "alone" in song.**

**Sections 1 & 2: Sweep over count 1-2**

**Section 3: Push arms and palms forward on count 8 in section 3, on phrase "not" (fingers together)**

**Section 4: Sweep over count 1-4, give yourself a hug on counts 5-7**

**Ending: Sweep over counts 9-10 in ending**

**NOTE: Ballad version of song, track 6 of album Big Science**

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