Alone Together (一起孤單) (zh)

Count: 64 **Wand:** 2 **Ebene:** Intermediate
Choreograf/in: Peter Metelnick (UK) & Alison Metelnick (UK) - 2006年12月
Musik: I Think We're Alone Now - Girls Aloud

前奏： 32 count intro 32拍後起跳

第一段 **R cross s rock & recover, ball cross, 1/2 R monterey, & step forward**
右交叉 下沉 & 回復, 交叉交換, 右轉1/2蒙特瑞轉 & 前踏

1-2 Cross step right over left, recover weight on left
右足於左足前交叉踏, 重心回左足

&3-4 Step right back, cross step left over right, touch right toes to right side 右足後踏, 左足於右足前交叉踏, 右足趾右點

5-6 Turning 1/2 right step right together, touch left toes to left side
右轉180度右足併踏, 左足趾左點

&7-8 Step left together, step right forward, step left forward
左足併踏, 右足前踏, 左足前踏

第二段 **Syncopated forward rocks steps R & L, L back shuffle, R back rock & recover 變奏前下沉踏 右 & 左, 左後交換步, 右後下沉 & 回復**

1-2& Rock right forward, recover weight on left, step right together
右足前下沉, 左足回復, 右足併踏

3-4 Rock left forward, recover weight on right
左足前下沉, 右足回復

5&6 Step left back, step right together, step left back
左足後踏, 右足併踏, 左足後踏

7-8 Rock right back, recover weight on left
右足後下沉, 左足回復

第三段 **& step forward, 1/4 pivot L, step L, 3 step weave, step L**
前踏, 左轉1/4, 左踏, 藤步, 左踏

&1-2 Step right together, step left forward, step right forward
右足併踏, 左足前踏, 右足前踏

3-4 Pivot 1/4 left (weight on left foot), cross step right over left
左轉90度（重心在左足）, 右足於左足前交叉踏

5 Step left to side 左足側踏

6&7 Cross step right behind left, step left to side, cross step right over left 右足於左足後交叉踏, 左足側踏, 右足於左足前交叉踏

8 Step left to left side 左足左踏

第四段 **R rock back & recover, ball cross, 2 x 1/4 L turn steps, 1/4 L turn side shuffle**
右後下沉 & 回復, 交叉交換, 2次1/4左轉踏, 左轉1/4側交換步

(this when executed is in the shape of a box with feet close together)

1-2 Rock right back, recover weight on left
右足後下沉, 重心回左足

&3-4 Step right to side, cross step left over right, step right to right side 右足側踏, 左足於右足前交叉踏, 右足右踏

5-6 Turning 1/4 left step left to left side, turning 1/4 left step right to right side 右轉90度左足左踏, 左轉90度右足右踏

7&8 Turning 1/4 left step left to side, step right together, step left to side (facing back wall)
左轉90度左足左踏, 右足併踏, 左足側踏（面向後面）

第五段 R cross rock & recover, 3 ball crosses to the R, step R, 1/2 L hinge turn 右交叉下沉 & 回復, 3次右交叉交換, 右踏, 左鏈轉1/2

1-2 Cross rock right over left, recover weight on left
右足於左足前交叉下沉, 重心回左足

&3&4 Step right back, cross step left over right, step right to side, cross step left over right
右足後踏, 左足於右足前交叉踏, 右足側踏, 左足於右足前交叉踏

&5-6 Step right to side, cross step left over right, step right to right side 右足側踏, 左足於右足前交叉踏, 右足右踏

7-8 Turning 1/2 left step left to side, cross step right over left
左轉180度左足左踏, 右足於左足前交叉踏

restart (RE-START: here DURING 2nd wall replacing count 40 with a R scuff-you will be facing back wall for re-start)
第二面牆面向後面第八拍改以右擦踢步從頭起跳

第六段 L side rock & recover, 3 step weave, R & L kicks executing a 1/2z turn L 左下沉回復, 藤步, 右 & 左 左轉1/2踢

(as an alternative to the kicks you can do heel digs or toe touches)

1-2 Rock left to left side, recover weight on right
左足左下沉, 右足回復

3&4 Cross step left behind right, step right to right side, cross step left over right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

5&6 Kick right forward, step right down, turning 1/4 left kick left forward 右足前踢, 右足踏, 左轉90度左足前踢

&7&8 Step left down, kick right forward, step right down, turning 1/4 left kick left forward 左足踏, 右足前踢, 右足踏, 左轉90度右足前踢

& Step left down 左足踏

第七段 R side rock & recover, 3 step weave, L & R kicks executing a 1/2 turn R 右下沉 & 回復, 3步藤步, 左 & 右 踢 右轉1/2

(as an alternative to the kicks you can do heel digs or toe touches)

1-2 Rock right to right side, recover weight on left
右足右下沉, 左足回復

3&4 Cross step right behind left, step left to left side, cross step right over left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5&6 Kick left forward, step left down, turning 1/4 right kick right forward 左足前踢, 左足踏, 右轉90度右足踢

&7&8 Step right down, kick left forward, step left down, turning 1/4 right kick right forward 右足踏, 左足前踢, 左足踏, 右轉90度右足踢

& Step right down 右足踏

第八段 L forward rock & recover, 1/2 turn L, L shuffle forward, 2 x 1/2 L pivot turns 左足前下沉 & 回復, 左轉1/2, 左前交換步, 2次左踏轉1/2

1-2 Rock left forward, recover weight on right
左足前下沉, 右足回復

3&4 1/2 turn left, step left forward, step right next to left, step left forward 左轉180度左足前踏, 右足併踏, 左足前踏

5-6 Step right forward, 1/2 pivot turn left
右足前踏, 左轉180度

7-8 Step right forward, 1/2 pivot turn left
右足前踏, 左轉180度