Alone Now

Count Choreograf/in	: 32 Wand: 4 : Tom Glover (AUS) - Septe	Ebene: Improver ember 2007	
•		- Girls Aloud : (CD: The Sound Of Girls Aloud)	
4.0.0.4		4 Lista sinth 6 fear and	
1-2-3-4 5-6-7-8	Walk forward left, right, left, kick right forward Step right back, kick left to left diagonal, step left back, kick right to right diagonal		
1-2-3-4	Step right back, rock forward onto left, cross right over left, turn ¼ right as you step back onto left		
5&6-7-8	Shuffle back right, left, right, rock back onto left, rock forward onto right		
1-2-3-4	Step left to left side, touch ball of right diagonally forward right, step right to right side, touch ball of left diagonally forward left		
&5&6-7-8	(The next 2 counts travel back) step left back, touch ball of right forward, step right back, touch ball of left forward, rock back onto left, rock forward onto right		
1-2-3&4 5-6-7-8	Turn ¼ right and step sway left, step sway right, shuffle to your left side left, right, left Rock back onto right, rock forward onto left, step forward on right, pivot ¾ left on right and hook left against right shin		
REPEAT			
TAG: After 3rd sequence facing 3:00			
1-2-3-4 5-6-7-8	Left rocking chair: rock forward on left, rock right back, rock left back, rock forward on right Step forward on left, pivot ½ right, step forward on left, pivot ½ right		

Step forward on left, pivot 1/2 right, step forward on left, pivot 1/2 right 5-6-7-8 <u>EMail</u>



