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| Sad To Be Alone |  |

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| **Count:** | 32 | **Wall:** | 2 | **Level:** | Beginner / Improver | . |
| **Choreographer:** | Gordon Timms (UK) - October 2014 |
| **Music:** | Help Me Make It Through the Night - Engelbert Humperdinck : (Album: A Taste Of Country - 2009) |
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**Musical introduction: 32 Counts. Start on the word…”SIDE” - 84 Bpm - 3:06 mins**

**Choreographers Note: I’ve already choreographed a dance to a Reggae version of this track by John Holt…**

**back in JULY 2006… I’ve always loved this track so I thought I would bring it up to date with a ‘country ballad’ !**

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**A Line Dance With No Tags, No Restarts, Just A Nice Country Style Ballad.**

**SECTION 1: PRISSY ‘RUMBA’ WALKS FORWARD, ROCK BACK, STEP BACK, RONDÉ, STEP SIDE, ¼ TURN DRAG.**

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| 1 - 2 | Placing your foot in front of other – Walk Forward Right, Walk forward Left |

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| 3 - 4 | Walk Forward Right, then replace weight back on to Left. |

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| 5 - 6 | Step back Right behind Left, Rondé Left out and behind Right. |

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| 7 - 8 | Step a long step with Right to Right, Turn ¼ Left on ball of Right Hook Left to Right instep. Faces: [9:00] |

**SECTION 2: FORWARD CHASSÉ, ¼ TURN, ½ TURN, CROSS ROCK RECOVER, STEP SIDE, CLOSE.**

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| 1 & 2 | Step forward on the Left, Close Right to Left Heel, Step Left forward. |

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| 3 - 4 | Turning ¼ Left… step Right to Right side, Turning ½ Left… Step Left to Left side. [12.00] |

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| 5 - 6 | Cross rock Right over Left, then replace weight Back on Left. |

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| 7 - 8 | Take a long step to the Right with Right, Drag Left up to Right but keep weight on RIGHT.Faces: [12.00] |

**SECTION 3: STEP, BEHIND SIDE CROSS, STEP, SWAY, BEHIND, ¼ TURN RIGHT, STEPS FORWARD.**

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| 1 | Step Left to Left side, |

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| 2 & 3 | Step Right behind Left, Step Left to Left side, Cross Right Over Left. |

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| 4 - 5 | Take short step Left to side, Sway weight back on to Right. |

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| 6 & 7 | Step Left behind Right, Make ¼ turn Right Stepping Right Forward, Step Left Forward slightly. 3.00 |

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| 8 | Step forward on the Right. Faces: 3.00 |

**SECTION 4: BALANCE STEP, RECOVER WEIGHT, RONDÉ ¼ TURN RIGHT, ROCK, RECOVER, COASTER STEP.**

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| & 1 - 2 | Close Left to Right Heel, Step Right slightly forward, Recover weight back on to Left Foot |

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| 3 & 4 | Turning ¼ Right, Sweep Right out & behind Left, Step Left in place, Step Right forward. [6.00] |

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| 5 - 6 | Rock forward on the Left, Recover weight back on to Right |

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| 7 & 8 | Step Left slightly back, Step Right next to Left, Step Left slightly forward. |

**Faces: [6.00]**

**FINISH: You should be facing front wall 7 (seven) at about (2.44)… dance the first 8 counts normally…**

**but change the next few counts to a slower pace to accommodate the music slowing to end. It will fit the music I promise!**

**Finish facing the front with the long step right and drag.**

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**ENJOY THE DANCE!**

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