

All Alone

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Don Pascual (FR) - March 2015
音乐: I'll Just Leave It All Alone - Marty McIntosh



Start on vocals

Sect 1: Step R to the R, scuff, step L to the L, scuff, rolling vine to the R, L kick fwd

- 1-4 Step R to the R, L scuff beside R, step L to the L, R scuff beside L
5-8 R ¼ T & step R forward, R ½ T & L back step, R ¼ T & step R to the R, L kick forward

Sect 2: Together, R cross back toe, step R to the R, L hook behind R + slap, L jump back rock step, stomp L beside R, hold

- 1-4 Step L beside R, cross R toe behind L, step R to the R, L hook behind R + slap R hand/ L foot
5-8 L jump back rock (kicking R fwd), recover onto R, stomp L beside R, hold

Sect 3: Vaudeville steps

- 1-4 Cross R over L, step L to the L, tap R heel fwd (R diagonal), step R beside L
5-8 Cross L over R, step R to the R, tap L heel fwd (L diagonal), step L beside R

Sect 4: Jazz box R ¼ T ending with L scuff, L jump rock step fwd, L back jump, R hook

- 1-4 Cross R over L, L back step, R ¼ T & step R to the R, L scuff beside R
5-8 (Jumping) Rock L fwd, recover onto R (kicking L fwd), L jump back (kicking R fwd), cross R foot over L shin

Sect 5: R scissor step, hold, L scissor step, hold

- 1-4 Step R to the R, L beside R, cross R over L, hold
5-8 Step L to the L, R beside L, cross L over R, hold

Sect 6: R ½ T into a R heel grind, R back step, L hook, L back step, R hook, R jump back rock step

- 1-2 Dig R heel fwd with toe turned in, grind R heel making a R ½ T stepping back on L
3-4 R back step (R diagonal), cross L foot over R shin + slap R hand/L foot
5-6 L back step (L diagonal), cross R foot over L shin + slap L hand/R foot
7-8 R jump back rock (kicking L fwd), recover onto L

Sect 7: R ¼ T & stomp R to the R, stomp L to the L, swivel heels-toes in, swivel to the R, swivel to the L

- 1-4 R ¼ T & stomp R to the R, stomp L to the L (shoulders width), swivel heels-toes in
5-6 Swivel R toe / L heel out, swivel R toe / L heel in
7-8 Swivel L toe / R heel out, swivel L toe / R heel in

Sect 8: R modified monterey turn (ending with L stomp up)**, large step to the L, drag R beside L

- 1-4 Point R to R side, ½ T right on ball of L foot stepping R beside L, point L to L side, stomp up L beside R (keep weight on R)
5-8 Large step to the L, drag R beside L on counts 6 to 8

Style: On counts 6 to 8, turn your head right, pointing your right index finger at your hat

****Tag:** After 60 counts on walls 3, 6 and 8, add the 4 following counts then dance the last 4 counts of the dance:

Step turn X2

- 1-2 Step L forward, R ½ T
3-4 Step L forward, R ½ T

The Tag occurs every time at the end of the chorus

Have fun with this dance...

Contact: countryscal@orange.fr
