

All By Myself

COPPERKNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Trine Haukø Lund (NOR) - February 2018
音乐: Lonely Alone - Darryl Worley



Intro: 32 counts

Section 1: Side, cross rock, shuffle 1/4 L, step 1/4 L, cross shuffle

1-2-3 Step RF to R, cross rock LF over RF, recover on RF
4&5 Step LF to L, step RF next to LF, turn 1/4 L(9:00), step LF forward
6-7 Step RF forward, turn 1/4 L(6:00), recover on LF
8&1 Cross RF in front of LF, step LF to L, cross RF in front of LF

Section 2: Hold, ball cross, rock, recover, weave 1/4 turn R

2 Hold
&3 Step on ball of LF, cross RF in front of LF
4-5-6 Rock LF to L, recover on RF, cross LF in front of RF
7-8-1 Step RF to R, cross LF behind RF, turn 1/4 R(9:00), step RF forward

Restart after count 8 in wall 4

Section 3: Step 1/2 turn R, shuffle fwd, rock fwd, rock backw

2-3 Step LF forward, turn 1/2 R(3:00), recover on RF
4&5 Step LF forward, step RF behind LF, step LF forward
6-7 Rock RF forward, recover on LF
8-1 Rock RF backwards, recover on LF

Section 4: Step 1/4 turn L X 2, cross, step backw, touch

2-3 Step RF forward, turn 1/4 L(12:00), recover on LF
4-5 Step RF forward, turn 1/4 L(9:00), recover on LF
6-7-8 Cross RF in front of LF, step LF backwards, touch RF next to LF

Restart in wall 4 in section 2 after count 8, facing 9.
