

Niet Alleen (Not Alone)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Starwing (USA) - July 2018
音乐: Je Staat Niet Alleen - Guus Meeuwis



Intro: 16 Counts (Thank you "Soetje" for the music suggestion)

[S1] SIDE ROCK, CROSS TRIPLE STEP, SIDE ROCK, CROSS TRIPLE STEP

1 - 2 RF rock aside, LF recover
3 & 4 RF cross over LF, LF step aside, RF cross over LF
5 - 6 LF rock aside, RF recover
7 & 8 LF cross over RF, RF step aside, LF cross over RF

[S2] STEP ½ TURN L, TRIPPLE STEP, ROCK STEP, COASTER CROSS

1 - 2 RF step fwd, ½ turn left weight on LF [06.00]
3 & 4 RF step fwd, LF step behind RF, RF step fwd
5 - 6 LF rock fwd, RF recover
7 & 8 LF step back, RF step together, LF cross over RF

[S3] SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, BEHIND, SIDE, CROSS

1 - 2 RF rock aside, LF recover
3 & 4 RF cross behind LF, LF step aside, RF cross over LF
5 - 6 LF rock aside, RF recover
7 & 8 LF cross behind RF, RF step aside, LF cross over RF

[S4] WALK, WALK, TRIPLE STEP, STEP, ½ TURN R, TRIPLE STEP

1 - 2 RF step fwd, LF step fwd
3 & 4 RF step fwd, LF step behind RF, RF step fwd
5 - 6 LF step fwd, ½ turn right weight on RF [12.00]
7 & 8 LF step fwd, RF step behind LF, LF step fwd

[S5] KICK BALL STEP, KICK BALL STEP, ROCK STEP, COASTER STEP

1 & 2 RF kick fwd, RF step on ball of the foot, LF step fwd
3 & 4 RF kick fwd, RF step on ball of the foot, LF step fwd
5 - 6 RF rock fwd, LF recover
7 & 8 RF step back, LF step together, RF step fwd

[S6] STEP, ¼ TURN R, CROSS TRIPLE STEP, SIDE TOGETHER, WALK BACK, WALK BACK

1 - 2 LF step fwd, ¼ turn right weight on RF [03.00]
3 & 4 LF cross over RF, RF step aside, LF cross over RF
5 - 6 RF step aside, LF step together
7 - 8 RF step back, LF step back **RESTART**

[S7] SIDE ROCK, SAILOR STEP, SAILOR STEP, ROCK STEP

1 - 2 RF rock aside, LF recover
3 & 4 RF step behind LF, LF step aside, RF step aside
5 & 6 LF step behind RF, RF step aside, LF step aside
7 - 8 RF rock fwd, LF recover

[S8] TRIPLE ½ TURN, TRIPLE ½ TURN, BACK ROCK, KICK BALL CHANGE

1 & 2 ¼ turn right RF step aside, LF step together, ¼ turn right RF step fwd
3 & 4 ¼ turn right, LF step aside, RF step together, ¼ turn right, LF step back

5 - 6 RF rock back, LF recover
7 & 8 RF kick fwd, RF step on ball of the foot, LF step together

START AGAIN

**** RESTART**:** wall 2 after 48 counts.

Contact: leursw@hotmail.com
