

Alone Together

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Melissa Rutz - April 2020
音乐: Lonely - Diplo & Jonas Brothers



#16 count intro, no tags or restarts

SIDE, BEHIND, ROCK & BEHIND, SIDE, BEHIND, ROCK & BEHIND

- 1-2 Step R to R, step L behind R (12:00)
- 3&4 Rock R to R lifting body, recover L, step R behind L (12:00)
- 5-6 Step L to L, step R behind L (12:00)
- 7&8 Rock L to L lifting body, recover R, step L behind R (12:00)

¼ TURN, ½ PIVOT TURN, HITCH, SLIDE, BALL CHANGE, ¼ TURN, KNEE POP

- 1-2 Step R ¼ turn R, step L forward (3:00)
- 3-4 ½ turn R switching weight to R, hitch L knee (9:00)
- 5&6 Slide back on L dragging R, step on ball of R, step L forward (9:00)
- 7&8 ¼ turn R on balls of both feet, pop knees out/heels up, pop knees in/heels down (12:00)

SIDE TOGETHER x 2, SIDE, DRAG, SIDE, TOGETHER, SIDE, BALL CHANGE

- 1&2& Step R to R, close L, step R to R, close L (12:00)
- 3-4 Big step R to R, drag L next to R (12:00)
- 5-6 Step L to L raising body, close R lowering body (12:00)
- 7&8 Step L to L raising body, step on ball of R, step L ⅛ turn L (10:30)

MAMBO STEP, MAMBO ¼ CROSS, & CROSS x 2, SWEEP, UNWIND

- 1&2 Step R forward, recover L, step R next to L (10:30)
- 3&4 Step L to L making ⅛ turn R (12:00), recover R making ¼ turn L, cross L over R (9:00)
- &5&6 Step on ball of R, cross L over R, step on ball of R, cross L over R (9:00)
- 7-8 Sweep R forward crossing over L, unwind a full turn L with weight on L (9:00)