

拍数:	32	墙数: 4	级数:	Improver	
编舞者:	Om Pardi (IN	A) - October 2020			
音乐:	Alone, Pt. II -	Alan Walker & Ava	Max : (Albu	um: Alone, Pt. II)	
SEC 1: DIAGON BACK COASTE		ECOVER, DIAGONA	AL ROCK, I	RECOVER, DIAGON	AL ROCK, RECOVER,
1&2&	Rock R forwa Recover on L	•	Recover or	n L (&), Rock R forwa	ard to R diagonal (2),
3&4	Rock R back	to L diagonal (3), Re	cover on L	(&), Step R forward	to R diagonal (4)
5&6&	Rock L forwar Recover on R		Recover or	n R (&), Rock L forwa	ard to L diagonal (6),
7&8	Make 1/8 L tu	rn step L back (7), S	tep R next	to L (&), Step L forw	ard (8)
SEC 2: SIDE RO SHUFFLE	OCK, RECOVI	ER, FORWARD, FO	RWARD, T	TURN ½ RIGHT, FOF	RWARD, MODIFIED BOX
1&2	Rock R to side	e (1), Recover on L ((&), Step R	forward (2)	
3&4	Step L forward (3), Make 1/2 R turn on R (&), Step L forward (4)				
5&6	Step R to side (5), Step L next to R (&), Step R forward (6)				
7&8	Step L to side (7), Step R next to L (&), Step L forward (8)				
*Restart here or	n wall 3 & wall	4			
SEC 3: SIDE TO	OUCH, BESID	E TOUCH, SIDE TO	UCH, ¼ RI	IGHT BACK COAST	ER STEP
1&2	Touch R outs	ide R (1), Touch L be	eside R (&)	, Touch R outside R	(2)
3&4	Make ¼ R tur	n step R back (3), St	tep L next t	to R (&), Step R forwa	ard (4)
5&6&	Rock L forwar on R (&)	d to diagonal L (5), I	Recover or	n R (&), Make 1/8 L ro	ock L forward (6), Recover
7&8	Rock L to side	e (7), Recover on R ((&), Step L	next to R (8)	
SEC 4: BOTAF	OGOS. JAZZ I	зох			
1&2		L (1), Step L to side	(&), Step F	R to side (2)	
3&4		R (3), Step R to side	• •	(<i>)</i>	
5-8	Cross R over	L (5), Step L back (6	6), Step R t	o side (7), Step L for	ward (8)

Enjoy the dance and have fun!

Restart during wall 3 after 16 count. You dance facing 9 o'clock Restart during wall 4 after 16 count. You dance facing 12 o'clock

For more information about this dance please contact: gieprod@yahoo.com

Last Update - 11 Oct. 2020

