

# If You Are Alone

拍数: 32      墙数: 4      级数: Improver  
编舞者: Sebastiaan Holtland (NL) - January 2008  
音乐: Don't Try This At Home (feat. Katie Melua) - Ali Campbell : (Album: Running Free 07)



**Intro: 16 counts - start dance facing 12 o clock**

## **SYNCPATHED SIDE ROCK/RECOVER, STEP WITH 1/4 TURN, 3/4 CHANNE TURN, PLACE CROSS POINT, CROSS, 3/4 UNWIND**

- 1&2      Rock Rf to the right, recover on Lf, recover on right weight onto Rf (12:00)
- 3&4      Step Lf to the left with 1/4 turn left, close Rf next Lf, Rf + Lf turning 3/4 left and step Lf to the left weight onto Lf (12:00)
- 5&6      Step Rf in place, and step Lf across Rf, and point Rf to the right holding weight onto Lf
- 7-8      Step Rf across Lf, Rf + Lf turning 3/4 left take weight onto both feet (3:00)

## **MAMBO SIDE WITH 1/4 TURN, CROSS AND BACK WITH 1/4 TURN, STEP BACK, STEP FWD, STEP FWD WITH 1/4 TURN, SIDE, STEP WITH 1/4 TURN, FULL CHANNE TURN**

- 1&2      Mambo Rf across in front of Lf, recover on Lf, step Rf to the right with 1/4 turn right weight onto Rf (6:00)
- 3&4      Step Lf across Rf, step Rf back with 1/4 turn left, step Lf back weight onto Lf (3:00)
- 5&6      Step Rf forward, step Lf forward with 1/4 turn left, step Rf to the right weight onto Rf (12:00)
- 7&8      Step Lf forward with 1/4 turn left, close Rf next Lf, Rf + Lf turning full left and step Lf forward weight onto Lf (9:00)

## **SYNCPATHED SIDE ROCK/RECOVER, STEP WITH 1/4 TURN, 3/4 CHANNE TURN, MAMBO SIDE, CROSS AND BACK WITH 1/4 TURN, STEP BACK**

- 1&2      Rock Rf to the right, recover on Lf, recover on right weight onto Rf (9:00)
- 3&4      Step Lf to the left with 1/4 turn left, close Rf next Lf, Rf + Lf turning 3/4 left and step Lf to the left weight onto Lf (9:00)
- 5&6      Mambo Rf across in front of Lf, recover on Lf, step Rf to the right weight onto Rf
- 7&8      Step Lf across Rf, step Rf back with 1/4 turn left, step Lf back weight onto Lf (6:00)

## **SISSOR CROSS, LOCK SHUFFLE WITH 1/4 TURN, STEP 1/2 PIVOT, STEP, HOLD, TRIPLE FULL TURN R, HOLD**

- 1&2      Step Rf to the right, recover on Lf, step Rf across Lf weight onto Rf (6:00)
- 3&4      Step Lf forward with 1/4 turn left, lock Rf behind Lf, step Lf forward weight onto Lf (3:00)
- 5&6      Step forward on Rf, pivot 1/2 turn left, step forward on Rf weight onto Rf (9:00)
- 7&8      Turn 1/2 right stepping back on Lf, turn 1/2 right stepping forward on Rf, step forward on Lf weight onto Lf (9:00)

**REPEAT AND HAVE FUN**