

You Won't Dance Alone

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Gerard Murphy (CAN) - February 2011
音乐: You Won't Dance Alone - The Best Day Ever : (Time: 4:07)



...for people living with cancer and all of you who stand by them.

Start on lyrics.

- | | |
|--|---|
| 1,2 | Rock forward on R, recover onto L |
| 3&4 | ½ turn shuffle over R shoulder – R, L, R |
| 5,6 | Rock forward on L, recover on R |
| 7,8 | Walk back L, R |
| | |
| &1,2 | Quick step back onto L , quick step R next to L, hold (snap fingers on hold) |
| &3,4 | Quick step back onto L, quick step R next to L, hold (snap fingers on hold) |
| 5&6 | Coaster step back – L, R, L |
| &7,8 | Step R out to R, step L out to L, hold (while favoring weight on R) |
| | |
| &1 | Step on ball of L, cross step R over L |
| 2,3 | Step back on L, step R to R making ¼ turn R |
| 4,5,6,7,8 | Cross step L over R, step R to R, cross step L behind R, step R to R, touch L next to R |
| | |
| 1,2,3,4 | Step L forward, ½ turn pivot R onto R, step forward on L, touch R next to L |
| 5&6 | Low kick R forward, step forward on R, step forward on L |
| 7&8 | Low kick R forward, step forward on R, step forward on L |
| | |
| 1,2,3,4,5,6 | Step R diagonally to R, touch L next to R, step L diagonally to L, touch R next to L, step R diagonally to R, touch L next to R (clap on touches) |
| 7&8 | Low kick L forward, step onto L, cross step R over L |
| | |
| 1,2 | Step L to L, touch R next to L |
| 3,4 | Step R in place making ¼ turn R, touch L next to R |
| 5&6 | Low kick L forward, step forward on L, step forward on R |
| 7,8 | Long step L forward, drag and touch R next to L |
| | |
| 1,2,3,4 | Walk in place, shoulder width apart – bumping hips R, L, R, L |
| (on count 4, drop arms to sides with open palms facing back) | |
| 5,6,7,8 | Walk forward – R, L, R, L |
| (on counts 5-7 gradually raise arms in air so that open palms move forward and up above head – on count 8, quickly shut palms into fists) | |
| | |
| 1-8 | FREESTYLE for 8 counts. Have fun! Just make sure to end with weight on your L foot. |

Start over!

TAG: TWO times only. After the 1st and 3rd rotations, facing the 6 o'clock wall.

- | | |
|-----|------------------------------------|
| 1-4 | Clap four times – arms in the air! |
|-----|------------------------------------|

ENDING: There's about 8 counts of silence at the end of the song. Don't stop. Dance through it to end facing the 12 o'clock wall with fists in the air.

JOIN the Facebook group at: "You Won't Dance Alone Line Dance"

Where have you taught the dance? Where have you danced the dance?

Who are you dancing it for? Why?

Share stories, videos and pictures of the dance.

Tell us what YOU do to offer cancer support.

Contact: Gerard Murphy, Halifax, Nova Scotia, Canada. (902) 826-7076, murphydance@ns.sympatico.ca
