

You're Not Alone

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Hans Palm (SWE) - January 2014
音乐: You're Not Alone - BWO : (Album: Big Science, track 6 - 3:03)



Intro: 16 counts of piano instrumental

S1: BASIC NIGHT CLUB STEP L, TURN R ¼ + FULL TURN R, SPIRAL TURN R 1 ¼, STEP R L, ROCK FW R & BACK L R

1,2& Step L to L side (1), step R behind L (2), cross L over R (&)
3,4& Turn ¼ R on R (3) 3:00, turn ½ R on L (4) 9:00, turn ½ R on R (&) 3:00
5,6& Spiral turn 1 ¼ R on L (5) 6:00, step forward on R (6), step forward on L (&)
7,8& Rock forward on R (7), rock back on R and step back on L (8), step back on R (&)

S2: L BACK WITH SWEEP R BEHIND L & SIDE L, CROSS R OVER L & STEP TURN R ¼, L FW & FULL TURN L, TURN ¼ L & SWAY R L

1,2& Step L back with sweep on R front to back (1), step R behind L (2), step L slightly to L side (&)
3,4& Cross R over L (3), Step L to L side, turning ¼ R (4) 9:00, step forward on R (&)
5,6& Step forward on L, preparing for turn L (5), turn ½ L on R (6) 3:00, turn ½ L on L (&) 9:00
7,8 Turn ¼ L and sway R on R (7) 6:00, sway L on L (8)

S3: SIDE + CROSS + TURN 1/8 L ON R, TURN 1/8 L on L + ¼ L on R + CROSS L OVER R, SWAY R SWAY L with ¼ TURN R with SWEEP R BEHIND L, R L & ROCK FW ON R

1,2& Step R to R side (1), cross L over R (2), turn 1/8 L stepping back on R (&) 4:30
3,4& Turn 1/8 L stepping on L to side (3) 3:00, turn ¼ L stepping on R to side (4) 12:00, cross L over R (&)
5,6 Sway R on R (5), sway back L and turn ¼ R on L with sweep on R front to back (6) 3:00
7&8 Step R next to L (or slightly behind) (7), step L next o R (&), rock forward on R (8)

S4: BACK L R L WITH SWEEP, ROCK BACK R & RECOVER, JAZZ BOX R OVER L WITH TURN R 1/8+1/8, CROSS R OVER L

1,2,3 Rock back on L with sweep R front to back (1), step back on R with sweep L front to back (2), step back on L with sweep R front to back (3)
4& Rock back on R (4), recover on L (&)
5,6,7 Cross R over L (5), step back on L (6), turn 1/8 R stepping R to the side (7) 4:30
8& Turn 1/8 R stepping L to the side (8) 6:00, cross R over L (slightly to left diagonal) (&)

TAGS/RESTARTS

Wall 1 (6:00): Two extra counts are added after counts 1-8 in section 4 (no & after count 8), ending with chasse L into basic L in section 1

9,10& Cross R over L (slightly to left diagonal) (9), Step L to L side (10), step R next to L (&)

Wall 3 (6:00): After section 2, add another sway R and chasse L into restart with basic L

9,10& Sway R (9), step L to L side (10), step R next to L (&)

Wall 5 (12:00): After sway R on count 5 in section 3, chasse L into restart with basic L

6& Step L to L side (6), step R next to L (&)

ENDING

After section 1 on wall 7 (12:00), walk back L (9) & R (10) with sweep on other foot, end with L behind R (11) ARMS (optional in chorus sections in wall 2, 4 & 6)

Cross arms in downwards in front of you and sweep up and circular with fingers spread until arms are stretched to sides, on phrase "alone" in song.

Sections 1 & 2: Sweep over count 1-2

Section 3: Push arms and palms forward on count 8 in section 3, on phrase “not” (fingers together)

Section 4: Sweep over count 1-4, give yourself a hug on counts 5-7

Ending: Sweep over counts 9-10 in ending

NOTE: Ballad version of song, track 6 of album Big Science

Contact: palm.hans@gmail.com
