

Sad To Be Alone

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Gordon Timms (UK) - October 2014
音樂: Help Me Make It Through the Night - Engelbert Humperdinck : (Album: A Taste Of Country - 2009)



Musical introduction: 32 Counts. Start on the word..."SIDE" - 84 Bpm - 3:06 mins □

Choreographers Note: I've already choreographed a dance to a Reggae version of this track by John Holt... back in JULY 2006... I've always loved this track so I thought I would bring it up to date with a 'country ballad' !

A Line Dance With No Tags, No Restarts, Just A Nice Country Style Ballad.

SECTION 1: PRISSY 'RUMBA' WALKS FORWARD, ROCK BACK, STEP BACK, RONDÉ, STEP SIDE, ¼ TURN DRAG.

- 1 - 2 Placing your foot in front of other – Walk Forward Right, Walk forward Left
- 3 - 4 Walk Forward Right, then replace weight back on to Left.
- 5 - 6 Step back Right behind Left, Rondé Left out and behind Right.
- 7 - 8 Step a long step with Right to Right, Turn ¼ Left on ball of Right Hook Left to Right instep. □ Faces: [9:00]

SECTION 2: FORWARD CHASSÉ, ¼ TURN, ½ TURN, CROSS ROCK RECOVER, STEP SIDE, CLOSE.

- 1 & 2 Step forward on the Left, Close Right to Left Heel, Step Left forward.
- 3 - 4 Turning ¼ Left... step Right to Right side, Turning ½ Left... Step Left to Left side. [12.00]
- 5 - 6 Cross rock Right over Left, then replace weight Back on Left.
- 7 - 8 Take a long step to the Right with Right, Drag Left up to Right but keep weight on RIGHT. Faces: [12.00]

SECTION 3: STEP, BEHIND SIDE CROSS, STEP, SWAY, BEHIND, ¼ TURN RIGHT, STEPS FORWARD.

- 1 Step Left to Left side,
- 2 & 3 Step Right behind Left, Step Left to Left side, Cross Right Over Left.
- 4 - 5 Take short step Left to side, Sway weight back on to Right.
- 6 & 7 Step Left behind Right, Make ¼ turn Right Stepping Right Forward, Step Left Forward slightly. □ 3.00
- 8 Step forward on the Right. Faces: 3.00

SECTION 4: BALANCE STEP, RECOVER WEIGHT, RONDÉ ¼ TURN RIGHT, ROCK, RECOVER, COASTER STEP.

- & 1 - 2 Close Left to Right Heel, Step Right slightly forward, Recover weight back on to Left Foot
- 3 & 4 Turning ¼ Right, Sweep Right out & behind Left, Step Left in place, Step Right forward. [6.00]
- 5 - 6 Rock forward on the Left, Recover weight back on to Right
- 7 & 8 Step Left slightly back, Step Right next to Left, Step Left slightly forward.

Faces: [6.00]

FINISH: You should be facing front wall 7 (seven) at about (2.44)... dance the first 8 counts normally... but change the next few counts to a slower pace to accommodate the music slowing to end. It will fit the music I promise!

Finish facing the front with the long step right and drag. □

ENJOY THE DANCE!

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