All By My Lonesome



拍數: 64 牆數: 4 級數: High Beginner

編舞者: Yvonne (Krause) Halsey (USA) - October 2017

音樂: All By My Lonesome - Billy Yates



[1-8] ROCK RECOVER, SHUFFLE RIGHT, ROCK RECOVER, SHUFFLE LEFT

1-2 3&4 Cross right over left, recover onto left, shuffle right stepping right, left, right.
5-6 7&8 Cross left over right, recover onto right, shuffle left stepping left, right, left.

[9-16] JAZZ BOX INTO WEAVE

1-4 Cross right over left, step back on left, step right to right side, cross left over right.

5-8 Step right to right side, step left behind right, step right to right side, cross left over right.

[17-24] FORWARD OPEN RUMBA BOX

1-4 Step right to right side, step left beside right, step forward on right, hold.

5-8 Step left to side, step right beside left, step forward left, on ball of left foot pivot ¼ rt. (6:00)

[25-32] REVERSE OPEN RUMBA BOX

Step right to right side, step left next to right, step back on right, hold.
Step left to left side, step right next to left, step back on left, hold. (3:00)

[33-40] ROCK BACK RECOVER, SHUFFLE FORWARD, STEP HOLD & STEP HOLD

1-2 Rock back on right, rock forward on left. 3&4 Shuffle forward stepping right, left, right.

5-6 & Step forward on left, hold, step forward on right.

7-8 Step forward on left, hold.

[41-48] PIVOT 1/4 LEFT, ROCKING CHAIR, WALK WALK

1-2 Step forward on right, pivot ¼ left.

3-6 Rock forward on right, rock back on left, rock back on right, rock forward on left.

7-8 Walk forward right, left. (12:00)

[49-56] SCISSOR STEPS RIGHT & LEFT

1-4 Rock right to right side, recover onto left, cross right over left, hold.
5-8 Rock left to left side, recover onto right, cross left over right, hold.

[56-64] TWO 1/4 TURN MONTEREY STEPS

1-2 Point right to side and on ball of left foot make a ¼ turn right stepping down on right.

3-4 Point left to side, step left beside right.

5-6 Point right to side and on ball of left foot make a ¼ turn right stepping down on right.

7-8 Point left to side, step left beside right. (6:00)

May You Always Dance Like No One Is Watching

Contact: ykrause@yahoo.com