

# Sad To Be Alone

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Gina Refapus (INA) & Wenarika Josephine (INA) - October 2020  
音樂: Help Me Make It Through The Night - Sammi Smith



Intro lyrics 16 counts / NO TAG NO RESTART

## Sect 1- CROSS ROCK , CHASSE TO SIDE

1 - 2      Cross rock R over L - recover on L  
3 & 4      Chasse to side on R-L-R  
5 - 6      Cross rock L over R - recover on R  
7 & 8      Chasse to side on L-R-L

## Sect 2- FORWARD SHUFFLE, ½ TURN RIGHT BACK SHUFFLE, COASTER STEP, FORWARD SHUFFLE

1 & 2      Shuffle forward on R-L-R  
3 & 4      Turn ½ right shuffle back on L-R-L ..... (6.00)  
5 & 6      Step R back - L beside R - step R forward  
7 & 8      Shuffle forward on L-R-L

## Sect 3- ¼ TURN LEFT SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, BEHIND SIDE CROSS

1 - 2      Turn ¼ left rock R to side - recover on L ... (3.00)  
3 & 4      Cross R over L - step L to side - cross R over L  
5 - 6      Rock L to side - recover on R  
7 & 8      Step L behind R - step R to side - cross L over R

## Sect 4- SIDE STEP, TOUCH BESIDE, SWAY

1 - 2      Step R to side - touch L beside R  
3 - 4      Step L to side - touch R beside L  
5 - 8      Step R to side and sway to right - left - right - left

Enjoy dancing...!!!

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