

Drunk and Alone

拍數: 48 牆數: 2 級數: Beginner
編舞者: Sebastiaan Holtland (NL) - April 2025
音樂: Drunk and Alone - Don Louis



Intro: Intro 16 counts, start approx 08 Sec.

Sec 1. [1-8] L Heel Grind ¼ Left, L Rock Back, L Shuffle Turn Right Back, R Back Rock.

1,2 LF heel grind fwd ¼ left (9.00) (1), RF step slightly back (2).
3,4 LF rock back (3), RF recover (4).
5&6 LF ½ shuffle turn back to right (3.00) (5&6).
7,8 RF rock back (7), LF recover (8).

Sec 2. [9-16] Jump Both Feet Apart Fwd, Hold, Jump Both Feet Apart Back, Hold, Cross Jazz Box ¼ Right.

&1,2 Jump Both Feet Apart slightly fwd (&1), Hold (2).
&3,4 Jump Both Feet Apart slightly back (&3), Hold (4).
5,6 RF step across LF (5), LF step back ¼ turn right (6.00) (6).
7,8 RF step right (7), LF step fwd (8).

Sec 3. [17-24] R Heel Grind ¼ Right, R Rock Back, R Shuffle Turn Left Back, L Back Rock.

1,2 RF heel grind fwd ¼ right (9.00) (1), LF step slightly back (2).
3,4 RF rock back (3), LF recover (4).
5&6 RF ½ shuffle turn back to left (3.00) (5&6).
7,8 LF rock back (7), RF recover (8).

Sec 4. [25-32] L Side, Hold, R Together, L Side Rock, L Together, R Side Point, Hold, R Back, L Side ½ Left.

1,2& LF step left (1), Hold (2), RF step beside LF (&).
3,4 LF rock left (3), RF recover (4).
&5,6 LF step beside RF (&), RF side point right (5), Hold (6).
7,8 RF step back (7), LF step left ½ left (9.00) (8).

Sec 5. [33-40] R Side, L Back with Knee Lift R, R Cross Shuffle, L Side, R Back with Knee Lift L, L Cross Shuffle.

1,2 RF step right (1), LF step back and lift R knee up (2).
3&4 RF cross shuffle (3&4).
5,6 LF step left (5), RF step back and lift L knee up (6).
7&8 LF cross shuffle (7&8).

Sec 6. [41-48] R Monterey Turn ¼ Right, R Fwd Rock, R Step Fwd ½ Right, L Stomp Together.

1,2 RF side point right (1), Pivot ¼ turn right (12.00) RF step beside LF (2).
3,4 LF side point left (3), LF step beside RF (4).
5,6 RF rock fwd (5), LF recover (6).
7,8 RF step slightly fwd ¼ right (6.00) (7), LF stomp beside RF weight onto RF (8).

REPEAT THE DANCE AND HAVE FUN!!