

All Alone

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Michelle Webb (UK)
音樂: Left Outside Alone - Anastacia



WALK, WALK, MAMBO FORWARD, WALK BACK, WALK BACK, MAMBO SIDE STEP

1-2 Walk forward on right foot, walk forward on left foot
3&4 Rock forward on right, recover weight back onto left, step back onto right
5-6 Walk backwards on left foot, walk back wards on right foot
7&8 Rock back on left, recover weight on right, step left to left side

RIGHT SAILOR, ¼ TURN LEFT SAILOR TWICE

1&2 Step right behind left, recover weight on left, step right to right side
3&4 Step left behind right, recover weight onto right, ¼ turn right stepping left to left side
5&6 Step right behind left, recover weight on left, step right to right side
7&8 Step left behind right, recover weight onto right, step left to left side

POP KNEE, ¼ TURN, BACK TOUCH TWICE, WALK TWICE, TRIPLE HALF TURN

1-2 Pop right knee, ¼ turn right touching right toe next to left
&3 Step back right, touch left toe forward
&4 Step back left, touch right toe forward
& Step right down in place
5-6 Walk left foot forward, walk right foot forward
7&8 Step forward left, ¼ turn right stepping on right, ¼ turn right stepping forward on left

DIG RIGHT HEEL, DIG LEFT HEEL, TRIPLE TWIST ¼ TURN RIGHT TWICE

1& Dig right heel forward, step on right in place
2& Dig left heel forward, step onto left in place
3&4 Twist heels left, right, left ¼ turning right
5& Dig right heel forward, step on right in place
6& Dig left heel forward, step onto left in place
7&8 Twist heels left, right, left ¼ turning right

HEEL JACK RIGHT, HEEL JACK LEFT, SWEEP ¾ LEFT, STEP, SLIDE

1&2 Cross step right over left, step down on left, dig right heel
&3 Step down on right, cross left over right
&4 Step right to right side
& Step down on left foot
5-6 Sweep right foot round ¾ turn left bringing right toe in to meet left foot - no weight on right
7-8 Step right to right side, slide left next to right

HIP BUMPS, CROSS SHUFFLE, ROCK LEFT, ROCK RIGHT, SAILOR STEP

1&2 Bump hips left, right, left, taking weight onto left
3&4 Cross right over left, bring left to meet right foot, cross right over left
5-6 Rock right foot to right side, recover weight back onto left foot
7&8 Rock left behind right, step down on right, step left to left side

KICK AND POINT, KICK AND POINT, SLOW JAZZ BOX

1&2 Kick right foot forward, step right next to left, and point left toe to left side
3&4 Kick left forward, step down on left, point right toe to right side
5-6 Cross right over left, step left back

7-8 Step right to right side, cross left over right

RIGHT ROCK RECOVER SAILOR CROSS, LEFT ROCK RECOVER SAILOR CROSS

1-2 Rock right to right side, recover back on left

3&4 Step right behind left, step left to left side, cross right over left

Optional: on counts 3&4 triple full turn over left shoulder stepping right left, right

5-6 Rock left to left side, recover weight back onto right

7&8 Step left behind right, step right to right side, cross left over right

Optional: on counts 7&8 triple full turn over right shoulder stepping left, right, left

REPEAT
