

You Are Not Alone

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Count: 48 **Wall:** 2 **Level:** Advanced

Choreographer: Sandy Kerrigan , Australia (July 09)

Music: You Are Not Alone by Michael Jackson (CD: Number Ones)

Dance starts on "Gone"

Step Fwd, Sweep $\frac{1}{4}$ L Cross, Push Drag Back, Cross, $\frac{1}{4}$ L Back, Back, Fwd $\frac{1}{2}$ R Back, Step Back, Drag Back

- 1,2** Step Fwd L, Turning $\frac{1}{4}$ L Sweep R to Cross Over Left,
3,4 Push L Toe Back, Left Leg Straightens back and can be slightly off the floor
5&6 Cross L over R, $\frac{1}{4}$ L Step Back R, Step Back L [6:00]
7&8& Step Fwd R, Turning $\frac{1}{2}$ R step Back L, Step Back R Dragging L Back** [12:00]

L Mambo Step, $\frac{1}{4}$ L Step Side, Back Rock, Triple Step Turn L Side, Back Rock

- 1&2&** Rock Back L, Rep Fwd to R, Step Fwd L, Turning $\frac{1}{4}$ L step R to R Side
3-5&6 Rock Back L, Rep Fwd to R, Turning R - $\frac{1}{4}$ R Step Back L, $\frac{1}{2}$ R Fwd R, $\frac{1}{4}$ R Side
7,8& Rock Back R, Rep Fwd to L, Step R to R Side*** [9:00]

Rock Back, Fwd, $\frac{1}{4}$ R, $\frac{1}{4}$ R, Side Drag, Back, Side Ball Step, Behind, Ball Grind Turn $\frac{1}{4}$ R, Step R Back Tog

- 1-3&** Rock Back L, Rep Fwd to R, Turning R - $\frac{1}{4}$ R Step Back L, $\frac{1}{4}$ R Step R to R Side
4,5 Step L to L Side Dragging R Back to Face Side R45°, Step Back R
&6,7 Step Ball of L to L Side, Step R to R Side [9:00], Cross Step L Behind R
&8& Place Ball of R Foot to R Side - Turn $\frac{1}{4}$ R to [6:00], wt on L, Step R Back Tog

Rock Fwd L, Rep, Turn 1 $\frac{1}{4}$ Back L, Tog, Side Rock, Rep Tog, Turn 1 $\frac{1}{4}$ R Fwd, Step L Tog

- 1-3&4** Rock Fwd L, Rep to R, $\frac{1}{2}$ L Fwd L [12:00], $\frac{1}{2}$ L Step Back R, $\frac{1}{4}$ L Step L to Side,
&5,6& Step R Tog, L Side Rock, Rep to R, Step Tog L [3:00]

7&8& $\frac{1}{4}$ R Step Fwd R, $\frac{1}{2}$ R Step Back L [12:00], $\frac{1}{2}$ R Step Fwd R, Step Left Tog [6:00]

Rock Fwd, Back, Step Back, Reverse $\frac{1}{2}$ Pivot L, Step Back, R Coaster Turn, L Coaster Turn, Step Tog

- 1,2&** Rock Fwd R, Rep Back to L, Step Back R
- 3&4** Touch Ball of L Back, Turn ½ L on R, Step Back L [12:00]
- 5&6** Turning ½ R-Step Fwd R, Step Tog L, Step Back R (turning coaster step)
- 7&8&** Turning ½ L-Step Fwd L, Step R Tog, Step Back L (Turning coaster step) Step Tog R

Sweep Cross, Sweep Cross, Step Tog ½ R, Step Fwd, Step Fwd With Spiral Turn R, Step Fwd, Sweep Cross, Sweep Cross, Fwd L Coaster Step, Step Tog

- 1-3&** Sweep L to Cross R, Sweep R to Cross over L, Step Tog L-Turning ½ R, Step Fwd R
- 4&5,6** Step Fwd L with Spiral action 360°R, Step Fwd R, Sweep L to Cross R, Sweep R to Cross over L [6:00]
- 7&8&** Step Fwd L, Step R Tog, Step Back L, Step Tog R [6:00]

RESTARTS:

Wall 3 - Dance first 8 counts ** restart facing 12:00

Wall 6 - Dance to Count 16 * Add on the following 4 & count tag**

- 1-3&4&** Rock Back L, Fwd R, Turning ¼ R to 12:00 Back L Coaster Step, Step Tog R, Restart facing 12:00