

Alone

LINEDANCE.COM

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Sundance - July 2018

Music: Alone - The McClymonts

Dance sequence : A / B / A / A / B / A / A / B / A / A / A / B + END

Intro 16 counts

PART A : 32 COUNTS

A1: KICK BALL TOUCH,SWIVELS,MAMBO ROCK,COASTER STEP

1&2LF kick , Lf step next to Rf , Rv step forward

3&4&R&LF turn heels to middle , turn heels out , turn heels to middle , turn heels out

5&6RF step forward , weight back on Lv , Rf step backwards

7&8LF step backwards , Rf step beside Lf , Lf step forward

A2: PIVOT ½ TURN,SIDE LOCK STEPS,HEEL GRIND ¼ TURN

1-2RF step forward , ½ turn left

3-4&RF step to the side , Lf step behind , Rf step to the side

5-6&LF step to the side , Rf step behind , Lf step to the side

5-6RF heel touch forward , on ball Lf & heel Rf ¼ turn right

A3: BACK ROCK,KICK,OUT-OUT,BACK ROCK,HEEL SWITCHES

1-2RF step backwards , weight back on Lf

3&4RF kick , Rf step to the side , Lf step to the side

5-6RF step backwards , weight back on Lf

7&8&RF heel touch forward , Rf step beside Lf , Lf heel touch forward , Lf step beside Rf

A4: SCUFF,STEP,TOE TOUCH,KICK,SWEEP ½ TURN,CROSS,SIDE TOE TOUCH,COASTER STEP

1-2&RF scuff , Rf step forward , Lf toe touch behind , Lf step next to Rf

3-4RF kick forward , Lf sweep forward ½ turn

5-6LF step across , Rf toe touch to the side

7&8RF step backwards , Lf step beside Rf ,Rf step forward

PART B : 32 COUNTS

B1: TOE STRUTTS

1-4LF toe touch forward , Lf drop heel , Rf toe touch forward , Rf drop heel

5-8LF toe touch forward , Lf drop heel , Rf toe touch forward , Rf drop heel

B2 : PIVOTS ½ TURNS,SIDE ROCK CROSS,HOLD

1-4LF step forward , ½ turn right , Lf step forward , ½ turn right

5-8LF step to the side , weight back on Rf , Lf step across , hold

B3 : MONTEREY TURN ¼ TURN, MONTEREY TURN ¼ TURN WITH FLICK

1-4RF toe touch to the side , ½ turn right , Lf toe touch to the side , Lf step next to Rf

5-8RF toe touch to the side , ½ turn right , Lf toe touch to the side , Lf swing behind

B4 : GRAPE VINE L SCUFF,GRAPE VINE RIGHT WITH STOMP

1-4LF step to the side , Rf step behind , Lf step to the side , Rf scuff

5-8RF step to the side , Lf step behind , Rf step to the side , Lf stomp next to Rf (weight on Rf)

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