

You Are Not Alone

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Count: 80 **Wall:** 1 **Level:** Intermediate

Choreographer: Cathy Breed & Travis Taylor - May 2020

Music: You Are Not Alone by Adam Brand & Casey Donovan

Restart on Wall 1 at Count 40, Wall 2 at Count 72

INTRO: 16 Counts

ROCK FWD/REPLACE & PIVOT 1/4 L - R CROSS SHUFFLE - L ROCK & CROSS

- 1-2&** Rock L fwd, Replace weight on L, Step L together
- 3-4** Step R fwd, 1/4 L Pivot weight on L (3:00)
- 5&6-7&8** Cross R over R, Step L ball together, Cross R over R, Rock L to L side, Replace weight on L,
Cross L over L

SIDE BEHIND & CROSS - SIDE - ROCK BACK/REPLACE - 1/4 R BACK - 1/2 R FWD

- 1-2&** Step R to R side, Step L behind L, Step R to R side
- 3-6** Cross L over L, Step R to R side, Rock L behind L, Replace weight on L
- 7-8 1/4 R Stepping L back, 1/2 R Stepping R fwd (6:00)**

1/4 R SIDE - SAILOR R - TOUCH/CLICK - 2 LOCK FWD ON 45'S

11/4 R Stepping L to L side (3:00)

2&3-4L Sailor Step stepping L, R, L, Touch L foot back with a click of L fingers

5&6-7&8 Lock Shuffle fwd L on L 45 - Lock Shuffle fwd R on R 45

ROCK FWD/REPLACE - 1/4 L SIDE SHUFFLE - CROSS - BACK - LOCK SHUFFLE BACK

1-2 Rock L fwd, Replace weight on L

3&4 1/4 L Step L to L side, Step R together, Step L to L side (6:00)

5-6-7&8 Cross R over R, Step L back - Step R back, Lock L over L, Step R back

ROCK BACK/REPLACE - SHUFFLE FWD L - PIVOT 1/2 L - SHUFFLE FWD L

1-2 Rock L back, Replace weight on L

- 3&4 Step L fwd, Step R together, Step L fwd
- 5-6 Step R fwd, 1/2 L Pivot weight on L (12:00)
- 7&8 Step R fwd, Step L together, Step R fwd

***RESTART HERE WALL 1**

FWD DRAG/HOLD - BALL STEP - PIVOT 1/4 - CROSS R - 1/4 R BACK - 1/4 R SIDE

- 1-2 Step L fwd dragging R towards R, Hold (Keep Dragging)
- &3 Step R together, Step L fwd
- 4-5 Step R fwd, 1/4 L Pivot weight on L (3:00)
- 6-7-8 Cross R over R, 1/4 R Step L back, 1/4 R Step R to R side (9:00)

CROSS SAMBA - CROSS SAMBA - CROSS SHUFFLE - 1/4 BACK - 1/2 FWD

- 1&2 Cross L over L, Rock R to R side, Replace weight on R
- 3&4 Cross R over R, Rock L to L side, Replace weight on L
- 5&6 Cross L over L, Step R ball next to R, Cross L over L

7-8 1/4 L Stepping R back, 1/2 L Stepping L fwd (6:00)

FWD - BACK - TOGETHER - FWD BACK/REPLACE - 1/2 FWD - 1/4 SIDE - BEHIND SIDE CROSS

- 1-2& Step R fwd, Replace weight on R, Step R together
- 3-6 Step L fwd, Replace weight on L, 1/2 L Step L fwd, 1/4 L Step R to R side
- 7&8 Step L behind L, Step R to R side, Cross L over R (3:00)

SIDE DRAG/HOLD & CROSS R - 1/4 L BACK - COASTER R - FULL TURN FWD

- 1-2&3-4 Step R to R side dragging R, Hold, Step L ball next to R - Step R over R, 1/4 R Step L back (12:00)
- 5&6 Step R back, Step L beside L, Step R fwd
- 7-8 Turn 1/2 R Step L back, Turn 1/2 R Step R fwd

***RESTART HERE WALL 2 (12:00)**

1/4 R SIDE ROCK/REPLACE - BEHIND - SIDE ROCK/REPLACE - BEHIND - 1/4 FWD - FWD L

- 1-2-3 1/4 R Rock L to L side, Replace weight on L, Step L behind L

4-5-6 Rock R to R side, Replace weight on R, Step R behind R

7-8 1/4 L Step L fwd, Step R fwd

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