

Alone My Girl

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Count: 32

Wall: 1

Level: Ultra Beginner Cha Cha

Choreographer: Irene Tang (Hong Kong) June 2011

Music: Alone (female version) by Kara (My Girl OST – Korean Drama Song)

Count In: After 32 counts, start dancing on lyrics

SEC 1: SIDE, HOLD, FORWARD, RECOVER, SIDE, HOLD, BACK, RECOVER

1 - 4 Side R to R, hold, rock L forward, recover on R

5 - 8 Side L to L, hold, rock R back, recover on L

SEC 2: FORWARD, RECOVER, BACK SHUFFLE, BACK, RECOVER, FWD SHUFFLE

1 - 2 Rock R forward, recover on L

3&4 Step R back, lock L across R, step R back

5 - 6 Rock L back, recover on R

7&8 Step L forward, lock R behind L, step L forward

SEC 3: FORWARD, RECOVER, 1/4 R CHASSE, CROSS, POINT, 1/4 CROSS, POINT

1 - 2 Rock R forward, recover on L

3&4 Turn 1/4 R on L stepping R to R, close L to R, step R to R

5 - 6 Cross L over R, point R to R

7 - 8 Turn 1/4 R on L crossing R over L, point L to L

SEC 4: FORWARD, RECOVER, BACK COASTER, STEP, PIVOT 1/2, FORWARD, CLOSE

1 - 2 Rock L forward, recover on R

3&4 Step L back, close R to L, step L forward

5 - 6 Step R forward, pivot 1/2 L transferring weight to L

7 - 8 Step R forward, close L to R

Notes: I use this choreography as the fourth dance of my introductory course for ultra beginners.

It's time for newcomers to practice more on rotation using their upper body rather than using their feet.

They could also start their chase with slow music.

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