

# ALONE NOW

LINEDANCE.COM

Count: —                      Wall: —                      Level: —

Choreographer: Mike Belk

Music: I Think We're Alone Now by Girls Aloud

Sequence: AA B TAG AA BB AA BBB

From the Album "The Sound of Girls Aloud" (3min 17sec). Do not use the single

## PART A

### WALK, WALK, SHUFFLE FORWARD, STEP TURN $\frac{1}{4}$ , CROSS SHUFFLE

- 1-2            Walk forward left, right
- 3&4           Step forward left, step right next to left, step forward left
- 5-6           Step forward right, turn  $\frac{1}{4}$  left onto left
- 7&8           Cross right over left, step left to left side, cross right over left

### SIDE TOGETHER, CHASSE LEFT $\frac{1}{4}$ TURN, ROCK RECOVER, $\frac{1}{4}$ TURN TOGETHER $\frac{1}{4}$ TURN SIDE

- 1-2           Step left to left side, step right next to left
- 3&4           Step left to left side, step right next to left, step left side turning  $\frac{1}{4}$  left
- 5-6           Rock forward right, recover onto left
- 7&8           Turn  $\frac{1}{4}$  turn right stepping right, step on left next to right, step on right turning  $\frac{1}{4}$  right

### CROSS ROCK RECOVER, CHASSE LEFT, ROCK BACK RECOVER, STEP TURN STEP

- 1-2           Cross left over right, recover onto right
- 3&4           Step left to left side, step right next to left, step left to left side
- 5-6           Rock back on right, recover forward onto left
- 7&8           Step forward on right, pivot  $\frac{1}{2}$  turn left onto left, step forward onto right

### TOUCH, TOUCH, SAILOR STEP, TOUCH, TOUCH, SAILOR STEP

- 1-2           Touch left toe forward, touch left toe to left side
- 3&4           Step left behind right, step right to right side, step left to left side
- 5-6           Touch right toe forward, touch right toe to right side

**7&8** Step right behind left, step left to left side, step right to right side

### **PART B (DANCED AT EACH CHORUS)**

#### **CROSS SIDE, BEHIND SIDE CROSS, ROCK RECOVER, CROSS SHUFFLE**

**1-2** Cross left over right, step right to right side

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

**5-6** Rock right to right side, recover onto left

**7&8** Cross right over left, step left to left side, cross right over left

#### **ROCK RECOVER, BEHIND ¼ TURN STEP, WALK, WALK, MAMBO ¼ TURN**

**1-2** Rock left to left side, recover onto right

**3&4** Step left behind right, step right to right side turning ¼ right, step forward left

**5-6** Walk forward right, left

**7&8** Rock forward onto right, recover onto left turning ¼ left, step right next to left

#### **SIDE TOGETHER, CHASSE LEFT, ROCK BACK RECOVER, ¼ TURN CHASSE RIGHT**

**1-2** Step left to left side, step right next to left

**3&4** Step left to left side, step right next to left, step left to left side

**5-6** Rock back onto right, recover forward onto left

**7&8** Step forward right turning ¼ left, step left next to right, step right to right side

#### **SIDE BEHIND, & HEEL & CROSS, ROCK RECOVER, SAILOR STEP**

**1-2** Step left to left side, step right behind left

**&3&4** Step left in place, step right heel diagonally forward, step right in place, cross left over right

**5-6** Rock right to right side, recover onto left

**7&8** Step right behind left, step left to left side, step right to right side

#### **REPEAT**

#### **TAG**

**Once only after first B**

#### **ROCK RECOVER, COASTER STEP TWICE**

**1-2** Rock forward left, recover onto right

- 3&4** Step back left, step back right, step forward left
- 5-6** Rock forward onto right, recover onto left
- 7&8** Step back right, step back left, step forward right

## **ENDING**

**As music fades, to finish facing front, on last B, dance steps 7&8 right sailor steps with  $\frac{1}{2}$  turn right**