

ALANE

LINEDANCE.COM

Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Helen O'Malley (IE)

Music: Alane by Wes. (Radio Version)

Intro: 16 counts. Start on vocals

S1. Heel Rock, Sweep Step, ½ turn Shuffle, Forward Shuffle

1 -2 Rock forward on L heel, Recover on R

Optional Hands: On heel rock sweep hands out to sides & up with palms facing floor

&3&4 Sweep L back, Step on L, Sweep R back, Step on R

5&6L ½ turn Shuffle forward

7&8R shuffle forward

S2. Rock Step, Shoulder Shimmy, ½ turn Shuffle

9-10L rock forward, Recover on R

11-12L step back, Shimmy Shoulders

13-14R step back, Shimmy Shoulders

15&16L ½ turn shuffle forward

S3. Heel Rock, Sweep Step, ½ turn Shuffle, Forward Shuffle

17-18 Rock forward on R heel, Recover on L

Optional Hands: On heel rock sweep hands out to sides & up with palms facing floor

&19&20 Sweep R back, Step on R, Sweep L back, Step on L

21&22R ½ turn shuffle forward

23&24L shuffle forward

S4. Rock Step, Shoulder Shimmy, ½ turn Shuffle

25-26R rock forward, Recover on L

27-28R step back, Shimmy Shoulders

29-30L step back, Shimmy Shoulders

31&32R ½ turn shuffle forward

55. Cross Rock, Sailor Step, Weave Step, ¼ turn

33&34 Cross rock L over R, Recover on R, Step L to L side

35&36R behind L, Step L to L side, Step R to R side

37-38 Cross L over R, Step R to R side

39-40 Cross L behind R, Step R ¼ turn R

56. ½ Turn Pivot, Triple Full Turn, Forward Shuffles

41-42L step forward, ½ turn pivot R

43&44½ turn R stepping back on L, ½ turn R stepping forward on R L step forward

45&46R shuffle forward

47&48L shuffle forward

57. Forward Steps, Applejacks x2

49-50R step forward , Step L beside R

&51 Taking the weight on R toe & L heel swivel to L, Return to centre

&52 Taking the weight on L toe & R heel swivel to R, Return to centre

53-56 Repeat Steps 49 - 52

***** Hands While dancing Applejacks &51&52, &55&56, hands are joined in the praying position, elbows raised to sides, rock arms L to R**

58. Kickball Heel, ½ Turn Pivot, Toe Taps & Finger Clicks

57&58R kick forward, Step on R, L heel forward,

&59-60L step beside R, R step forward, ½ turn pivot L

61-63 Tap R toe forward x3 Clicking fingers on each tap

64 Step on R , click fingers

***** Fingers clicks at 12, 1, 2, 3 o'clock**

Enjoy, Smile and remember - Dance like no one is watching! Helen

Last Update - 22nd Dec. 2015

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=65171