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Alane and Wes

32 Count, 2 Wall, Improver
Choreographer: Christie Lim (ML),
Martie Papendorf (ZA) June 2017
Choreographed to: Alane (Radio Version)
[Explicit]. Welenga. Wes. - 3:40

Music Note: The track is indicated as [Explicit] but is sung in the Duala language of Cameroon and no offensive lyrics are heard. 122 bpm

Tag: 1 fun Tag added x2
Intro : 16 counts from 1st heavy beat

Section 1 **Side. Together. Side. Together. Rock Right. Recover. Samba ¼ Right**
1,2,3,4 Step R to right side, step L next to R, step R to right side, step L next to R, [Latin hips]
5,6 Rock R to right side, recover L to left side,
7&8 Step R fwd making a ¼ turn right, rock L to left side, recover R to right side [3.00]
Optional Arm Styling:
1,2 Bend elbows out and cross hands in scissor movement, move hands out
3,4 Repeat

Section 2 **Rock Fwd. Recover. 3x Triple ½ Turns Left.**
1,2 Rock L fwd, recover R back,
3&4 Make a triple turn ½ left stepping L, R, L, [9.00]
5&6 Make a triple turn ½ left stepping R, L, R, [3.00]
7&8 Make a triple turn ½ left stepping L, R, L [9.00]
TAG: **Add here during walls 4 & 7**
Optional Arm Styling: Extend arms during triple turns:
3&4 R up, L down
5&6 Swap arms around to L up, R down
7&8 Swap arms around to R up, L down

Section 3 **Rock ¼ Left. Recover. Behind. Side. Together. Walk Back L, R, L, R**
1,2 Rock R to right side turning ¼ left, recover L to left side, [6.00]
3&4 Cross R behind L, step L to left side, step R next to L,
5,6,7,8 Walk back L, R, L, R [6.00]
Optional Arm Styling:
5,6,7,8 Shimmy shoulders on walking back

Section 4 **Fwd. Lock. Lockstep Fwd. Scuff Hitch. Cross. &. Side. Cross**
1,2 Step L fwd, lock R behind L,
3&4 Step L fwd, lock R behind L, step L fwd,
5,6 Scuff and hitch R next to L, step R across L,
&7,8 Step L back, step R to right side, step L across R [6.00]
Optional Arm Styling:
1,2 Move shoulders down and up alternating L R
3&4 Move shoulders down and up alternating L R L

TAG: **Added after sec. 2, during wall 4 & 7.**
Section T1 **Sway R ¼ Turn Left, L, R, L; Sailor Step; Sailor ¼ Left;**
1,2,3,4 Step and sway R to right side turning ¼ left, sway L to left side, sway R to right side,
sway L to left side, **NOTE: Swing both arms R, L, R, L**
5&6 Swing R out and cross behind L, rock L to left side, recover R to right side,
7&8 Swing L out and cross behind R making a ¼ turn left, rock R to right side, recover L to left side,

Section T2 **Sway R ¼ Turn Left, L, R, L; Sailor Step; Sailor ¼ Left**
1,2,3,4 Step and sway R to right side ¼ left, sway L to left side, sway R to right side, sway L to left side,
NOTE: Swing both arms R, L, R, L
5&6 Swing R out and cross behind L, rock L to left side, recover R to right side,
7&8 Swing L out and cross behind R making a ¼ turn left, rock R to right side, recover L to left side
NOTE: To start again step R to right side making another ¼ turn left.

**With much thanks to my friend Roshila Furrer from Lone-Star Linedancers
in Zurich for bringing the music to our attention.**