



Alone

Phrased, 64 Count, 4 Wall, Intermediate
Choreographer: Sundance
Choreographed to: Alone by The McClymonts

Sequence A / B / A / A / B / A / A / B / A / A / A / B + END
Intro 16 counts

PART A

KICK BALL TOUCH, SWIVELS, MAMBO ROCK, COASTER STEP

- 1&2 LF kick, LF step next to RF, RF step forward
3&4& R&LF turn heels to middle, turn heels out, turn heels to middle, turn heels out
5&6 RF step forward, weight back on LF, RF step backwards
7&8 LF step backwards, RF step beside LF, LF step forward

PIVOT ½ TURN, SIDE LOCK STEPS, HEEL GRIND ¼ TURN

- 1-2 RF step forward, ½ turn left
3-4& RF step to the side, LF step behind, RF step to the side
5-6& LF step to the side, RF step behind, LF step to the side
5-6 RF heel touch forward, on ball LF & heel RF ¼ turn right

BACK ROCK, KICK, OUT-OUT, BACK ROCK, HEEL SWITCHES

- 1-2 RF step backwards, weight back on LF
3&4 RF kick, RF step to the side, LF step to the side
5-6 RF step backwards, weight back on LF
7&8& RF heel touch forward, RF step beside LF, LF heel touch forward, LF step beside RF

SCUFF, STEP, TOE TOUCH, KICK, SWEEP ½ TURN, CROSS, SIDE TOE TOUCH, COASTER STEP

- 1-2& RF scuff, RF step forward, LF toe touch behind, LF step next to RF
3-4 RF kick forward, LF sweep forward ½ turn
5-6 LF step across, RF toe touch to the side
7&8 RF step backwards, LF step beside RF, RF step forward

PART B

TOE STRUTTS

- 1-4 LF toe touch forward, LF drop heel, RF toe touch forward, RF drop heel
5-8 LF toe touch forward, LF drop heel, RF toe touch forward, RF drop heel

PIVOTS ½ TURNS, SIDE ROCK CROSS, HOLD

- 1-4 LF step forward, ½ turn right, LF step forward, ½ turn right
5-8 LF step to the side, weight back on RF, LF step across, hold

MONTEREY TURN ¼ TURN, MONTEREY TURN ¼ TURN WITH FLICK

- 1-4 RF toe touch to the side, ½ turn right, LF toe touch to the side, LF step next to RF
5-8 RF toe touch to the side, ½ turn right, LF toe touch to the side, LF swing behind

GRAPE VINE L SCUFF, GRAPE VINE RIGHT WITH STOMP

- 1-4 LF step to the side, RF step behind, LF step to the side, RF scuff
5-8 RF step to the side, LF step behind, RF step to the side, LF stomp next to RF (weight on RF)