

Alone My Girl

32 Count, 1 Wall, Ultra Beginner (Cha Cha)
Choreographer: Irene Tang (KR) Jun 2011
Choreographed to: 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 chasse with slow music.

 www.linedancerweb.com  [@LinedancerHQ](https://www.facebook.com/LinedancerHQ)  contact@linedancerweb.com



, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 *charged at 10p per minute

Why not join us for your next line dancing holiday visit www.KingsHillDanceHolidays.com