



Alone And In Love

32 Count 2 Wall Low Intermediate Level Dance.
Choreographed by: Kim Liebsch (DK) Oct 2025
Choreographed to: Alone and In Love by Sofie1998
Intro: Start at approx 1 secs.

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Intro

SEC 1 BACK SWEEP, BACK SWEEP, BACK ROCK, BALL STEP STEP, ROCK BALL

- 1-2 Step back on R while sweeping L, step back on L while sweeping R
- 3-4 Rock back on R, recover on L
- &5-6 Ball step R next to L, step fwd on L, step fwd on R
- 7-8& Step fwd on L, recover on R, ball step L next to R

SEC 2 BACK ROCK, STEP ½ TURN, WALK WALK, STEP ½ TURN, STEP ½ TURN, TOUCH

- 1-2 Rock back on R, recover on L
- &3 Step fwd on R, make ½ turn L stepping fwd on L (6:00)
- 4-5 Walk fwd R, walk fwd L
- 6& Step fwd on R, make ½ turn L step fwd on L (12:00)
- 7&8 Step fwd on R, make ½ turn L step fwd on L, touch R next to L (6:00)

SEC 3 BACK SWEEP, BACK SWEEP, BACK ROCK, BALL STEP STEP, ROCK BALL

- 1-2 Step back on R while sweeping L, step back on L while sweeping R
- 3-4 Rock back on R, recover on L
- &5-6 Ball step R next to L, step fwd on L, step fwd on R
- 7-8& Step fwd on L, recover on R, ball step L next to R

SEC 4 BACK ROCK, STEP ½ TURN, WALK WALK, STEP ½ TURN, STEP ½ TURN, TOUCH

- 1-2 Rock back on R, recover on L
- &3 Step fwd on R, make ½ turn L stepping fwd on L (12:00)
- 4-5 Walk fwd R, walk fwd L
- 6& Step fwd on R, make ½ turn L step fwd on L (6:00)
- 7&8 Step fwd on R, make ½ turn L step fwd on L, touch R next to L (12:00)

SEC 5 CROSS, POINT, CROSS, POINT, BACK, POINT, BACK, POINT

- 1-2 Cross R over L, point L to L side, snap with both hands
- 3-4 Cross L over R, point R to R side, snap with both hands
- 5-6 Cross R behind L, point L to L side, snap with both hands
- 7-8 Cross L behind R, point R to R side, snap with both hands

SEC 6 SAMBA STEP, SAMBA STEP, STEP FWD BOUNCE ½ TURN

- 1&2 Cross R over L, step L to L side, recover on R
- 3&4 Cross L over R, step R to R side, recover on L
- 5-6 Step fwd on R, bounce ¼ turn L (9:00)
- 7-8 Bounce ¼ turn L, weight ends on L (6:00)

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Main Dance - Starts Facing 6:00

SEC 1 WALK, WALK, SHUFFLE, ROCK, SHUFFLE BACK

- 1-2 Walk fwd R, Walk fwd L
- 3&4 Step fwd on R, step L next to R, step fwd on R
- 5-6 Rock fwd on L, recover on R
- 7&8 Step back on L, step R next to L, step back on L

SEC 2 BACK TOE STRUT, BACK TOE STRUT, BACK ROCK, KICK OUT OUT

- 1-2 Step R toe back, drop R heel
- 3-4 Step L toe back, drop L heel
- 5-6 Rock back on R, recover on L
- 7&8 Kick R fwd step out R, step out L (6:00)

Restart Here on Wall 6

SEC 3 SHUFFLE, STEP ¼ TURN, CROSS SHUFFLE, 1/2 HINGE TURN

- 1&2 Step fwd on R, step L next to R, step fwd on R
- 3-4 Step fwd on L, make ¼ turn R stepping R to R side (9:00)
- 5&6 Cross L over R, step L to L side, cross L over R
- 7-8 Make ¼ turn stepping back on R, make ¼ turn L stepping L to L side (3:00)

SEC 4 ½ TURN HOLD, SIDE HOLD, 3 X SWAY, ¼ TURN

- 1-2 Make ½ turn L stepping R to R side, hold (9:00)
- 3-4 Step L to L side, hold
- 5-6 Sway R, sway L
- 7-8 Sway R, make ¼ turn R putting weight on L (12:00)



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