

All Alone

64 count, 4 wall, intermediate level

Choreographer: Michelle Webb & Craig Cooke
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Choreographed to: Left Outside Alone by Anastasia,
Album and Single; Don't Matter by Big Brovas, Album
Big Brovas; Right Kind of Wrong by LeAnn Rimes,
Her Greatest Hits Album

Start when Heavy Beat Kicks In

WALK, WALK, MAMBO FORWARD, WALK BACK, WALK BACK, MAMBO SIDE STEP

- 1-2 Walk Forward on right Foot, Walk Forward on Left foot
3&4 Rock Forward on right, recover weight back onto left, Step back onto right
5-6 Walk Backwards on left foot, Walk back wards on right foot
7&8 Rock back on Left, recover weight on right, Step left to left side

RIGHT SAILOR, ¼ TURN LEFT SAILOR x2

- 1&2 Step right behind left, recover weight on left, Step right to right side
3&4 Step Left behind right, Recover weight onto right, ¼ turn right stepping left to left side
5&6 Step right behind left, recover weight on left, Step right to right side
7&8 Step Left behind right, Recover weight onto right, step left to left side

POP KNEE, ¼ TURN, BACK TOUCH x2, WALK x2, TRIPLE HALF TURN

- 1,2 Pop right knee, ¼ Turn right touching right toe next to left
&3 Step Back right, Touch Left toe forward
&4 Step Back Left, Touch Right toe forward
& Step right down in place
5,6 Walk Left foot forward, walk right foot forward
7&8 Step forward left, ¼ turn right stepping on right, ¼ turn right stepping forward on left

DIG RIGHT HEEL, DIG LEFT HEEL, TRIPLE TWIST ¼ TURN RIGHT x2

- 1& Dig right heel Forward, Step on right in place
2& Dig Left heel Forward, step onto left in place
3&4 Twist heels left, right, left ¼ turning right
5& Dig right heel Forward, Step on right in place
6& Dig Left heel Forward, step onto left in place
7&8 Twist heels left, right, left ¼ turning right

HEEL JACK RIGHT, HEEL JACK LEFT, SWEEP ¾ LEFT, STEP, SLIDE

- 1&2 Cross step right over left, step down on left, dig right heel
&3 Step down on right, cross left over right
&4 Step right to right side
& Step down on left foot
5,6 Sweep right foot round ¾ turn left bringing right toe in to meet left foot – No weight on right
7,8 Step right to right side, slide left next to right

HIP BUMPS, CROSS SHUFFLE, ROCK LEFT, ROCK RIGHT, SAILOR STEP

- 1&2 Bump hips left, right, left, taking weight onto left
3&4 Cross right over left, bring left to meet right foot, Cross right over left
5,6 Rock right foot to right side, recover weight back onto left foot
7&8 Rock left behind right, step down on right, step left to left side

KICK AND POINT, KICK AND POINT, SLOW JAZZ BOX

- 1&2 Kick right foot forward, Step right next to left, and Point left toe to left side
3&4 Kick left forward, Step down on left, point right toe to right side
5,6 Cross right over left, Step left back
7,8 Step right to right side, Cross left over right

RIGHT ROCK RECOVER SAILOR CROSS, LEFT ROCK RECOVER SAILOR CROSS

- 1,2 Rock right to right side, recover back on left
3&4 Step right behind left, Step left to left side, Cross right over left
OPTIONAL: on counts 3&4 triple full turn over left shoulder stepping right left, right
5,6 Rock left to left side, recov er weight back onto right
7&8 Step left behind right, step right to right side, Cross left over right

OPTIONAL: On counts 7&8 triple full turn over right shoulder stepping left, right, left
