

IF YOU ARE ALONE

LINEDANCE.COM

Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Sebastiaan Holtland (Jan 08)

Music: Don't Try This At Home by Ali Campbell (featuring Katie Melua) Album: Running Free 07

Intro: 16 counts - start dance facing 12 o clock

SYNCOPATHED SIDE ROCK/RECOVER, STEP WITH 1/4 TURN, 3/4 CHANNE TURN, PLACE CROSS POINT, CROSS, 3/4 UNWIND

- 1&2** Rock Rf to the right, recover on Lf, recover on right weight onto Rf (12:00)
- 3&4** Step Lf to the left with 1/4 turn left, close Rf next Lf, Rf + Lf turning 3/4 left and step Lf to the left weight onto Lf (12:00)
- 5&6** Step Rf in place, and step Lf across Rf, and point Rf to the right holding weight onto Lf
- 7-8** Step Rf across Lf, Rf + Lf turning 3/4 left take weight onto both feet (3:00)

MAMBO SIDE WITH 1/4 TURN, CROSS AND BACK WITH 1/4 TURN, STEP BACK, STEP FWD, STEP FWD WITH 1/4 TURN, SIDE, STEP WITH 1/4 TURN, FULL CHANNE TURN

- 1&2** Mambo Rf across in front of Lf, recover on Lf, step Rf to the right with 1/4 turn right weight onto Rf (6:00)
- 3&4** Step Lf across Rf, step Rf back with 1/4 turn left, step Lf back weight onto Lf (3:00)
- 5&6** Step Rf forward, step Lf forward with 1/4 turn left, step Rf to the right weight onto Rf (12:00)
- 7&8** Step Lf forward with 1/4 turn left, close Rf next Lf, Rf + Lf turning full left and step Lf forward weight onto Lf (9:00)

SYNCOPATHED SIDE ROCK/RECOVER, STEP WITH 1/4 TURN, 3/4 CHANNE TURN, MAMBO SIDE, CROSS AND BACK WITH 1/4 TURN, STEP BACK

- 1&2** Rock Rf to the right, recover on Lf, recover on right weight onto Rf (9:00)
- 3&4** Step Lf to the left with 1/4 turn left, close Rf next Lf, Rf + Lf turning 3/4 left and step Lf to the left weight onto Lf (9:00)
- 5&6** Mambo Rf across in front of Lf, recover on Lf, step Rf to the right weight onto Rf
- 7&8** Step Lf across Rf, step Rf back with 1/4 turn left, step Lf back weight onto Lf (6:00)

SISSOR CROSS, LOCK SHUFFLE WITH 1/4 TURN, STEP 1/2 PIVOT, STEP, HOLD, TRIPLE FULL TURN R, HOLD

- 1&2** Step Rf to the right, recover on Lf, step Rf across Lf weight onto Rf (6:00)
- 3&4** Step Lf forward with 1/4 turn left, lock Rf behind Lf, step Lf forward weight onto Lf (3:00)
- 5&6** Step forward on Rf, pivot 1/2 turn left, step forward on Rf weight onto Rf (9:00)
- 7&8** Turn 1/2 right stepping back on Lf, turn 1/2 right stepping forward on Rf, step forward on Lf weight onto Lf (9:00)

REPEAT AND HAVE FUN

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=74400