

Alone Again, (Naturally)

COPPER **NOB**
STEPSHEETS

Count: 32

Wall: 4

Level: Easy Improver

Choreographer: Val Saari (CAN) - September 2019

Music: Alone Again Naturally - Gilbert O'Sullivan



S:1 MODIFIED TOE TRIANGLE, SAILOR STEP X 2, (R,L)

- 1-2 Touch RF toes forward, Touch RF toes to R side
- 3&4 Sailor Step RLR
- 5-6 Touch LF toes forward, Touch LF toes to L side
- 7&8 Sailor Step LRL

S:2 FWD SHUFFLES X 3 MAKING 3/4 TURN TO RIGHT ("ARC" PATTERN), MAMBO LEFT

- 1&2 SHUFFLE forward RLR
- 3&4 SHUFFLE forward LRL
- 5&6 SHUFFLE forward RLR (9:00)
- 7&8 Rock LF left , Recover RF, Step LF together

S:3 CROSS MAMBOS CHA CHA CHA X 2 (RIGHT,LEFT 1/4 PIVOT L)

- 1-2 RF Cross over L, LF Recover weight
- 3&4 Recover RF, Step LF in place, Step RF in place
- 5-6 LF Cross over R, RF Recover weight
- 7&8 Step LF left 1/4 pivot left, Step RF beside L, Step LF in place*

S:4 STOMP KICK, COASTER STEP, SHUFFLE FWD LRL, STEP-PIVOT 1/4 L

- 1-2 Stomp RF down, Kick RF forward
- 3&4 Rock RF back, Step LF beside R, Step RF forward
- 5&6 Shuffle forward LRL
- 7-8 Step RF forward, Pivot 1/4 turn left (weight on left)

***RESTART on Wall 5 after 24 Counts (6:00)**

Hint: the Restart is an instrumental section

Optional ending to face front: After Wall 9 Repeat S:4 but Pivot 1/2 L to face front. The music slows down but just adjust your steps to the new tempo

Email: valeriesaari@icloud.com

Phone: 1-905-246-5027