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If You Are Alone

32 count, 4 wall, improver level Choreographer: Sebastiaan Holtland (NL) Jan 2007 Choreographed to: Don't Try This At Home by Ali Campbell (featuring Katie Melua), Album: Running

Free 07

16 count intro

1-8	SYNCOPATHED SIDE ROCK/RECOVER, STEP WITH 1/4 TURN,
1&2	3/4 CHANNE TURN, PLACE CROSS POINT, CROSS, 3/4 UNWIND 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,
3 4 4	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)
9-16	MAMBO SIDE WITH 1/4 TURN, CROSS AND BACK WITH 1/4 TURN, STEP BACK,
	WD, 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,
004	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)
17-24	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)
25-32	SISSOR CROSS, LOCK SHUFFLE WITH 1/4 TURN, STEP 1/2 PIVOT, STEP, HOLD
400	TRIPLE FULL TURN R, HOLD
1&2 3&4	Step Rf to the right, recover on Lf, step Rf across Lf weight onto Rf (6:00)
5&4 5&6	Step Lf forward with 1/4 turn left, lock Rf behind Lf, step Lf forward weight onto Lf (3:00) 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,
100	step forward on Lf weight onto Lf (9:00)
	step forward on El weight onto El (3.00)

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