

ALANE

Choreographed by Helen O'Malley & Deirdre Fitzsimons

Description: 64 count, 4 wall, intermediate line dance

Music: Alane by Wes

How Do I Live (Dance Mix) by LeAnn Rimes

HEEL ROCK, ROGER RABBITS, SHUFFLE TURN, FORWARD SHUFFLE

- 1-2 Rock forward on left heel, rock back onto right
Hands: On heel rock sweep hands out to side and up with palms out
- &3 Scoot back on right, step left behind right
- &4 Scoot back on left, step right behind left
- 5&6 Shuffle back turn left stepping left-right-left
- 7&8 Step forward right, close left beside right, step forward right

ROCK STEP, BACK SHIMMIES, SHUFFLE TURN LEFT

- 9-10 Rock forward on left, rock back onto right
- 11-12 Step back left, shimmy shoulders forward
- 13-14 Step back right, shimmy shoulders forward
- 15&16 Shuffle back turn left stepping left-right-left

HEEL ROCK, ROGER RABBITS, SHUFFLE TURN, FORWARD SHUFFLE

- 17-18 Rock forward on right heel, rock back onto left
Hands: On heel rock sweep hands out to side and up with palms out
- &19 Scoot back on left, step right behind left
- &20 Scoot back on right, step left behind right
- 21&22 Shuffle back turn right stepping right-left-right
- 23&24 Step forward left, close right beside left, step forward left

ROCK STEP, BACK SHIMMIES, SHUFFLE TURN RIGHT

- 25-26 Rock forward on right, rock back onto left
- 27-28 Step back right, shimmy shoulders forward
- 29-30 Step back left, shimmy shoulder forward
- 31&32 Shuffle back turn right stepping right-left-right

CROSS ROCK, SIDE STEP, SAILOR STEP, WEAVE RIGHT WITH ¼ TURN

- 33 Cross rock left over right
- &34 Rock back onto right, step left to left side
- 35&36 Cross right behind left, step left to left side, step right to place
- 37-38 Cross left over right, step right to right side
- 39-40 Cross left behind right, step right ¼ turn right

PIVOT RIGHT, SHUFFLE FULL TURN, SHUFFLES FORWARD

- 41-42 Step forward left, pivot turn right
- 43&44 Shuffle step left-right-left, while spinning full turn right
- 45&46 Step forward right, close left beside right, step forward right
- 47&48 Step forward left, close right beside left, step forward left

ALANE (CONTINUED)

FORWARD STEPS & APPLE JACKS X 2

- 49-50 Step forward right, step left beside right
- &51 Taking weight on right toe and left heel swivel right heel and left toe to left, return feet to place
- &52 Taking weight on left toe and right heel swivel left heel and right toe to right,

return feet to place

53-56 Repeat steps 49-52

Hands: While dancing applejacks raise hands in prayer position
with elbows raised and rock arm to left then right

KICK BALL HEEL, STEP PIVOT, TOE TAPS WITH FINGER CLICKS

57&58 Kick right forward, step right beside left, touch left heel forward

&59 Step left beside right, step forward right

60 Pivot turn left

61-64 Step forward right, tap right toe 3 times, taking weight on final toe tap
(click finger to 12 o'clock, 1 o'clock, 2 o'clock & 3 o'clock with toe taps)

REPEAT