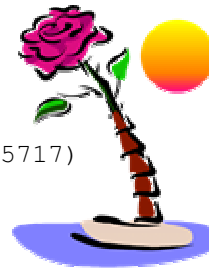


# Alane



level: Basic

Music by: Wes (CD: Chartshow Radiohits, EAN 0600753055717)  
Speed: 122 danced beats per minute  
Choreo by: Bernd Flühr, taught on Clog Convention 2014  
[berndfluehr@web.de](mailto:berndfluehr@web.de)

time: 3:41

Sequence: **Intro A A B C A B C D B B C D\*** (as written)

Wait 8 beats

Intro: 0:17 -----

8 Steps                    S            full turn left

A:            0:21 -----

2 Basic                    DS RS    DS RS  
                          L  RL    R  LR  
                          &1 &2    &1 &2

Triple                    DS DS DS RS  
                          L  R  L  RL  
                          &1 &2 &3 &4

Repeat    all above    (opposite footwork)

2 Basic                    DS RS    DS RS

Push Off                    DS RS RS RS  
                          L  RL RL RL                    move left  
                          &1 &2 &3 &4

Repeat    2 Basic, Push Off    (opposite footwork & direction)

A:            0:37 -----

2 Basic, Triple, 2 Basic, Triple, 2 Basic, Push Off, 2 Basic, Push Off

B:            0:53 -----

Vine 8                    DS DS (xif) DS DS (xib) DS DS (xif) DS RS  
or Vine Eight            L  R            L  R            L  R            L  RL  
                          &1 &2            &3 &4            &5 &6            &7 &8

4 Basic                    DS RS    DS RS    DS RS    DS RS

Repeat    all above    (opposite footwork & direction)

C:            1:09 -----

2 Basic                    DS RS    DS RS

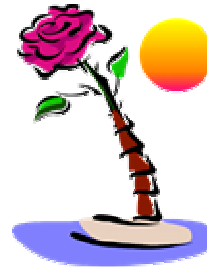
4 Toe-Heel                    T H            T H    T H    T H  
                          L L            R R    L L    R R  
                          & 1            & 2    & 3    & 4

Repeat    all above

Push Turn                    DS RS RS RS  
                          L  RL RL RL                    turn 1/2 left  
                          &1 &2 &3 &4

Triple                    DS DS DS RS

Repeat    Push Turn, Triple



A: 1:25 -----

2 Basic, Triple, 2 Basic, Triple, 2 Basic, Push Off, 2 Basic, Push Off

B: 1:40 -----

Vine Eight, 4 Basic, Vine Eight, 4 Basic

C: 1:56 -----

2 Basic, 4 Toe Heel, 2 Basic, 4 Toe Heel, Push Turn 1/2L, Triple, Push Turn 1/2L, Triple

D: 2:12 -----

4 Toe-Heel            T H        T H        T H        T H                    turn 1/4 left

Triple                DS DS DS RS

Repeat all above (opposite footwork) 3 times to face front again.

4 Toe-Heel            T H        T H        T H        T H                    move fwd

Triple                DS DS DS RS                    move bw

Repeat 4 Toe-Heel fwd, Triple bw (opposite footwork)

B: 2:35 -----

Vine Eight, 4 Basic, Vine Eight, 4 Basic

B: 2:51 -----

Vine Eight, 4 Basic, Vine Eight, 4 Basic

C: 3:07 -----

2 Basic, 4 Toe Heel, 2 Basic, 4 Toe Heel, Push Turn 1/2L, Triple, Push Turn 1/2L, Triple

D\*: 3:22 -----

4 Toe-Heel turn 1/4 left, Triple

Repeat all above (opposite footwork) 3 times to face front again,  
but leave out the last Triple and dance 2 Basics.