

# Dancin Lonely & Blue

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Henry Damen (NL)

Music: Lonely and Blue - Ronnie Beard



## LEFT SAILOR STEP,RIGHT SAILOR STEP,STEP,CROSS BEHIND,UNWIND ½ TURN,STEP FORWARD

- 1 Cross left behind left
- & Step right side right
- 2 Step left side left
- 3 Cross right behind left
- & Step left side left
- 4 Step right side right
- 5 Step left side left
- 6 Cross right behind left
- 7 Unwind (½ turn right)
- 8 Step left forward

## SPIN TURN,ROCK,STEP COASTER STEP,REVERSE COASTER STEP

- 9 Step forward right & make ½ turn on ball of left foot
- 10 Step forward left & make ½ turn on ball of right foot
- 11 Rock forward right
- 12 Step left in place
- 13 Step back right
- & Step left next to right
- 14 Step forward right
- 15 Step forward left
- & Step right next to left
- 16 Step back left

## SAILOR SHUFFLES,RIGHT SHUFFLE FORWARD,LEFT SHUFFLE FORWARD

- & Step right side right
- 17 Cross left in front of right
- & Step right side right
- 18 Touch left heel diagonally forward
- & Step left side left
- 19 Cross right in front of left
- & Step left side left
- 20 Touch right heel diagonally forward
- 21&22 Right shuffle forward right, left, right
- 23&24 Left shuffle forward left, right, left

## STEP, CLAP,CLAP,STEP,CLAP,CLAP,ROCK STEP,TRIPLE STEP WITH ¾ TURN RIGHT

- 25 Step forward right
- & Clap hands
- 26 Clap hands
- 27 Step forward left
- & Clap hands
- 28 Clap hands
- 29 Rock forward right
- 30 Step left in place
- 31&32 Triple step with ¾ turn right (right, left, right)

REPEAT

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