

# Lonely & Sad

**COPPER KNOB**  
STEPSHEETS

Count: 48

Wall: 4

Level: Upper Beginner / Improver

Choreographer: Jo Rosenblatt (AUS) - June 2011

Music: Last Cheaters Waltz - T.G. Sheppard



**START: "She .... going ....**

**This dance is for Leonie – who asked me to choreograph a dance to this music –thank you!**

## **Forward, Touch, Kick, Back, Toe, Toe**

1,2,3 Step L forward, Touch R beside left, Kick R forward  
4,5,6 Step R back, Tap L toe across in front of right twice

## **Forward, Scuff, Step Right, Cross Rock, Recover, Step**

1,2,3 Step L forward, Scuff R beside left swinging out to right, Step R to right  
4,5,6 Cross rock L over right, Recover back onto R, Step L to left

## **Cross, Side, Behind, Side Rock, Recover, Touch**

1,2,3 Cross R over left, Step L to left, Step R behind left  
4,5,6 Side rock onto L, Rock back onto R, Touch L beside right

## **Back, Lock, Back, Back, Lock, Back**

1,2,3 Step L back on left diagonal, Cross R over left, Step L back on left diagonal  
4,5,6 Step R back on right diagonal, Cross L over right, Step R back on right diagonal

## **Rock Back, Recover, Half Turn, Rock back, Recover, Quarter Turn**

1,2,3 Rock back onto L, Recover onto R, Half turn right to step back on L  
4,5,6 Rock back onto R, Recover onto L, Quarter turn left to step R to right

## **Back, Point, Hold, Fwd, Point, Hold**

1,2,3 Step L back to line up behind right, point R to right side, Hold  
4,5,6 Step R forward to line up in front of left, point L to left side, Hold

## **Fwd, Point, Hold, Back, Point, Hold**

1,2,3 Step L forward to line up in front of right, point R to right side, Hold  
4,5,6 Step R back to line up behind left, point L to left side, Hold

## **Fwd Waltz LRL, Back Waltz RLR**

1,2,3 Step fwd on L, Step R beside left, Step L beside right (waltz forward)  
4,5,6 Step back on R, Step L beside right, Step R beside left (waltz back)

**START DANCE AGAIN**

Contact: Jo Rosenblatt - 0417 074218 - [errolandjo@bigpond.com](mailto:errolandjo@bigpond.com)