

Lonely Woman

COPPER KNOB
BY SHEETS

Compte: 48

Mur: 4

Niveau: Intermediate

Chorégraphe: Larry Schmidt (USA) - December 2015

Musique: Lonely Woman - Heather Stewart



#8 ct intro, Start on vocals. Weight on left - No Tags or Restarts

[1-8] □ WALK, WALK, ANCHOR STEP W/ ¼ TURN, SAILOR STEP, SAILOR W/ ¼ TURN

- 1, 2 Step right foot forward, Step left foot forward,
3&4 Step right next to left, Step left in place, Turn ¼ right stepping right foot right, (3:00)
5&6 Step left behind right, Step right foot right, Step left foot left,
7&8 Turn ¼ left stepping back on right, Step left next to right, Step right foot forward. (6:00)

[9-16] □ STEP, ½ PIVOT, TRIPLE W/ ½ TURN, ¼ TURN, CROSS, SIDE ROCK, RECOVER, CROSS

- 1, 2 Step left foot forward, Pivot ½ onto right, (12:00)
3&4 Turn ¼ right onto left, Step left next to right, Turn ¼ right stepping back onto left, (6:00)
5, 6 Turn ¼ right stepping side onto right, Step left across right, ((9:00)
7&8 Rock right onto right foot, Recover weight to left, Step right across left.

[17-24] □ LEFT W/ DIP, TOUCH, KICK-BALL-CROSS, RIGHT W/ DIP, TOUCH, KICK-BALL-CROSS

- 1, 2 Step left foot left while bending left knee (dip), Straighten left leg while touching right toes right,
3&4 Kick right foot to right diagonal, Step right foot next to left, Step left across right,
5, 6 Step right foot right while bending right knee (dip), Straighten right leg while touching left toes left,
7&8 Kick left foot to left diagonal, Step left foot next to right, Step right across left.

[25-32] □ TRIPLE LEFT, CROSSING TRIPLE, BACK, SIDE, CROSSING TRIPLE

- 1&2 Step left foot left, Step right next to left, Step left foot left,
3&4 Step right across left, Step left foot left, Step right across left,
5, 6 Step left foot back, Step right foot right,
7&8 Step left across right, Step right foot right, Step left across right.

[33-40] SIDE, BEHIND, AND HEEL AND CROSS, AND HEEL AND CROSS, AND HEEL AND CROSS

- 1, 2&3 Step right foot right, Step left behind right, Step right foot right, Touch left heel to left diagonal,
&4 Step left next to right, Step right across left,
&5 Step left foot left, Touch right heel to right diagonal,
&6 Step right next to left, Step left across right
&7 Step right foot right, Touch left heel to left diagonal,
&8 Step left next to right, Step right across left.

[41-48] □ SIDE, ¼ R, ¼ R, ¼ R, CROSS, UNWIND ¾

- 1, 2 Step left foot left, Turn ¼ right onto right, (12:00)
3, 4 Turn ¼ right onto left, (3:00)
5, 6 Turn ¼ right onto right, Step left across right, (6:00)
7-8 Unwind ¾ sitting back onto left. (3:00)

FINISH: You will finish facing 12:00. Do the following 14 counts to end the dance.

BACK ROCK, RECOVER, FORWARD ROCK, RECOVER, BACK ROCK, RECOVER, WALK, WALK, OUT, OUT, ARM SWEEP

- 1, 2 Rock back onto right foot, recover weight to left,
3, 4 Rock forward onto right foot, recover weight to left

5, 6 Rock back onto right foot, recover weight to left
7, 8 Step right foot forward, Step left foot forward
9, 10 Step right foot right, Step left foot left,
11-13 Sweep right arm in a large circle in front of your body and up overhead,
14 On the last count, sweep the arm down and out to the front with the palm facing up.

ENJOY !

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