

PandA Cha

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2019

Musique: You're Only Lonely - JD Souther



Start after 32 count intro – 3mins 42secs – 109bpm

Music Available: Amazon

[1-8] R fwd, step tap L behind R, L shuffle back, R back rock/recover, R fwd, ¼ L pivot turn, R cross step

- 1-2 Step R forward, tap L behind R
- 3&4 Step L back, step R together, step L back
- 5-6 Rock R back, recover weight on L
- 7&8 Step R forward, pivot ¼ left, cross step R over L (9 o'clock)

[9-16] ½ R hinge turn, L cross shuffle, R side rock/recover, R back rock/recover

- 1-2 Turning ¼ right step L back, turning ¼ right step R side (3 o'clock)
- 3&4 Cross step L over R, step R side, cross step L over R
- 5-6 Rock R side, recover weight on L
- 7-8 Rock R back, recover weight on L

RESTART: During wall 3 dance first 16 counts to face L side wall and restart the dance

[17-24] Skate R/L fwd, R fwd shuffle, L fwd rock/recover, L ball touch back, ¼ L, R ball touch back

- 1-2 Skate R forward on right diagonal, skate L forward on left diagonal
- 3&4 Squaring to wall step R forward, step L together, step R forward
- 5-6 Rock L forward, recover weight on R
- &7 Step L back, touch R toe in front of L
- &8 Turning ¼ left step R back, touch L toe next to R (12 o'clock)

[25-32] L ball cross, L weave, ¼ L, L fwd, R fwd, ½ L pivot turn, L full turn fwd

- &1 Step L back, cross step R over L
- 2-3-4 Step L side, cross step R behind L, turning ¼ left step L forward (9 o'clock)
- 5-6 Step R forward, pivot ½ left (3 o'clock)
- 7-8 Turning ½ left step R back, turning ½ left step L forward (3 o'clock)

Non-turning option 7-8: step R forward, step L forward

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