

# Lonely Nights

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Lorna Mursell (UK) - February 2015  
音乐: In the Still of the Night - Jack Jersey



Start on the words "The" Night

## SEC (1) CROSS ROCK, REC, CHA CHA RIGHT, CROSS ROCK, REC, CHA CHA LEFT

1-2            Cross right over left, recover on to left  
3&4            Cha cha to the right, stepping right, left, right  
5-6            Cross left over right, recover on to right  
7&8            Cha cha to the left, stepping left, right, left

## SEC (2) FORWARD ROCK, REC, SHUFFLE 1/2 TURN RIGHT, FORWARD ROCK, REC, BACK LOCK STEP

1-2            Rock forward on right, recover on to left  
3&4            Shuffle 1/2 right, stepping right, left, right  
5-6            Rock forward on left, recover on to right  
7&8            Step back on left, lock right in front of left, step back on left

## SEC (3) BACK ROCK, REC, PADDLE 1/8 LEFT X 2, SKATE RIGHT, LEFT

1-2            Rock back on right, recover on to left  
3-4            Paddle 1/8 turn left, stepping right, left  
5-6            Paddle 1/8 turn left, stepping right, left  
7-8            Skate forward on right, left

\*\*\*TAG & RESTART HERE ON WALL 5 - SEE FOOTNOTE\*\*\*

## SEC (4) FORWARD ROCK, REC, COASTER STEP, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE

1-2            Rock forward on right, recover on to left  
3&4            Step back on right, step left beside right, step right forward  
5-6            Step forward on left, pivot 1/2 turn right  
7&8            Step forward on left, step right beside left, step left forward

## TAG DURING WALL 5 (3 O'CLOCK)

DANCE UP TO THE SKATES THEN ADD THIS 4 COUNT TAG THEN RESTART THE DANCE AGAIN FROM THE BEGINNING (3 O'CLOCK)

1-2            Rock forward on right, recover on to left  
3-4            Rock back on right, recover on to left