

# Lousa

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Chrystel DURAND (FR) - October 2015  
音乐: If You're Lonely Too - Jon Wolfe : (Album: Natural man)



Intro : 16 counts

## [1-8] WALK WALK, SIDE ROCK, LUNGE, 1/4 TURN AND FLICK, WALK FWD, STEP LOCK STEP

1-2            Right step forward - Left step forward  
3&4           Rock right to right – recover on left – Step right to right bending right knee and keeping left point to left with extended left leg  
5-6           ¼ turn to left and recover on left with a right flick – step right forward  
7&8           Left forward – lock right behind left – left forward 9.00

Restart here on wall 4 at 6.00

## [9-16] STEP, ½ TURN, KICK BALL LARGE STEP, STEP, ¼ TURN, CROSS, PIVOT ¼ TURN x2

1-2            Right step forward – ½ turn to left (weight on left) 3.00  
3&4            Right kick forward – ball right next to left – large left step forward  
5-6            Right forward - ¼ turn to left (weight o left) 12.00  
7&8            Cross right over left – ¼ turn to right and left back – ¼ turn to right and right to right side 6.00

## [17-24] CROSS, ¼ TURN LEFT AND POINT TO RIGHT, TOUCH, POINT, TOUCH, SYNCOPATED MONTEREY TURNS

1-2            Cross left over right – ¼ turn to left and right point on right side 3.00  
3&4            Right touch next to left – right point on right side – right touch next to left  
5&6&          Right point to right side – 1/4 turn to right and right next to left – Left point on left side – left next to right 6.00  
7&8&          Right point to right side – 1/4 turn to right and right next to left – Left point on left side – left next to right 9.00

## [25-32] STEP FWD, ½ TURN LEFT AND LEFT HOOK, SHUFFLE FWD, MAMBO STEP FORWARD, MAMBO STEP BACK

1-2            Right step forward – ½ turn to left and left hook over right 3.00  
3&4            Shuffle forward Left-right-left

Restart here on wall 6 at 12.00

5&6            Rock right forward – recover on left – right slightly behind  
7&8            Rock left behind - recover on right - left slightly forward

Restarts : -

On wall 4, dance the first 8 counts and restart the dance from the beginning (at 6.00)

On wall 6, dance to the count 28 (shuffle forward) and restart the dance from the beginning ( at 12.00)

Chrystel DURAND –

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