

# Being Lonely (寂寞真諦) (zh)

COPPER KNOB  
BY STEPHEN METZ

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Kim Ray (UK) - 2008年09月  
音乐: Show Me the Meaning of Being Lonely - Backstreet Boys



前奏 : Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)

- 第一段**      **Step Forward, Sycopated Pivot ½ Turn, ½ Turn, Shuffle Forward, Rock/Recover, Side Rock/Recover**  
前踏, 分節踏轉1/2, 轉1/2, 前交換, 下沉回復, 側下沉回復
- 1      Step forward on right 右足前踏
- 2&3      Step forward on left, ½ pivot turn right, step forward on left  
左足前踏, 右轉180度, 左足前踏
- 4      Keep feet where they are and ½ pivot turn right (weight on right)  
雙腳原地右轉180度(重心在右足)
- 5&6      Left shuffle forward 左前交換步
- 7&      Rock forward on right, recover back on left  
右足前下沉, 左足後回復
- 8&      Side rock right, recover on left 右足右下沉, 左足回復
- 第二段**      **Side Step Right, Sailor ½ Turn Left, Side Step Right, Rock Back/Recover, Sailor Step Forward**  
右側踏, 左轉1/2水手, 右側踏, 下沉回復, 前水手
- 1      Large side step right 右足右一大步
- 2&3      Cross left behind right, ¼ turn left step right to right side, ¼ turn left cross left in front of right  
左足於右足後交叉踏, 左轉90度右足右踏, 左轉90度左足於右足前交叉踏
- 4      Large side step right 右足右一大步
- 5&6      Rock back on left, recover on right, side step left  
左足後下沉, 右足回復, 左足左踏
- 7&8      Cross right behind left, step left to left side, step forward on right 右足於左足後交叉踏, 左足左踏, 右足前踏
- 第三段**      **½ Pivot Turn, ¾ Turn & Cross, Side Step, Back Lock Step, Coaster Step 轉1/2, 轉3/4&交叉, 側踏, 後鎖步, 海岸步**
- 1      Keep feet where they are and ½ pivot turn left (weight on left)  
雙腳原地左轉180度(重心在左足)
- 2&3      ½ turn left stepping back on right, ¼ turn left stepping left to left side, cross right over left  
左轉180度右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏
- 4      Side step left & face right diagonal  
左足左踏面向右斜角線
- 5&6      Facing right diagonal step back on right, cross left over right, step back on right  
面向右斜角線右足後踏, 左足於右足前交叉踏, 右足後踏
- 7&8      Straightening up: Step back on left, step back on right next to left, step forward on left  
站直左足後踏, 右足後併踏, 左足前踏
- 第四段**      **Ball Step Forward, Shuffle Forward, Pivot ½ Turn, Step Forward, Full Turn, ¼ Turn Side Rock/Recover**  
前踏, 前交換, 踏轉1/2, 前踏, 轉圈, 轉1/4 側下沉回復
- &1      Step right next to left, step forward on left  
右足併踏, 左足前踏
- 2&3      Right shuffle forward 右前交換
- 4-5      Step forward on left, ½ pivot turn right  
左足前踏, 右轉180度
- 6      Step forward on left 左足前踏
- 7&      ½ turn left stepping back on right, ½ turn left stepping forward on left 左轉180度右足後踏, 左轉180度左足前踏

8& ¼ turn left and side rock right, recover on left  
左轉90度右足右下沉, 左足回復

**第五段 Cross Step, Coaster Step, Shuffle Forward, ½ Pivot, Step Forward**  
**交叉踏, 海岸步, 前交換, 轉1/2, 前踏**

1 Cross right over left 右足於左足前交叉踏

2&3 Step back on left, step back right next to left, step forward on left 左足後踏, 右足後併踏, 左足前踏

4&5 Right shuffle forward 右前交換

6-7 Step forward on left, ½ pivot turn right,  
左足前踏, 右轉180度

8 Step forward on left 左足前踏

**\*\* RESTART here DURING wall 2 facing BACK & wall 6 facing FRONT**  
第二面牆面向後面, 第六面牆面向前面時從頭起跳

**第六段 Cross Rock/Recover X 2 & Step Forward, ½ Turn Right, Coaster Step/Step**  
**交叉下沉回復二次 & 前踏, 右轉1/2, 海岸步/踏**

1-2& Cross rock right over left, recover back on left, step right next to left 右足於左足前交叉下沉, 左足後回復, 右足併踏

3-4& Cross rock left over right, recover back on right, step left next to right 左足於右足前交叉踏, 右足回復, 左足併踏

5-6 Step forward on right, ½ turn right stepping back on left  
右足前踏, 右轉180度左足後踏

7&8& Step back on right, step left next to right, step forward on right, step left next to right  
右足後踏, 左足併踏, 右足前踏, 左足併踏

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