

Lonely & Blue

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Beginner
编舞者: Graham Mitchell (SCO) - November 2015
音乐: I'm a Little Bit Lonely - Lisa McHugh : (iTunes)



SECTION 1 (1-8) HEEL STRUTS RIGHT, LEFT, ROCKING CHAIR

1-2 Place Right heel forward, press right toe down
3-4 Place Left heel forward, press Left toe down
5-6 Rock forward on Right, recover on Left
7-8 Rock back on Right, recover on Left

SECTION 2 (1-8) HEEL STRUTS RIGHT, LEFT, ROCK RECOVER, BACK-HOLD

1-2 Place Right heel forward, press Right toe down
3-4 Place Left heel forward, press Left toe down
5-6 Rock forward on Right recover on Left
7-8 Step back on Right, Hold

SECTION 3 (1-8) BACK SWEEPS, SAILOR ¼, CROSS ROCK, CROSS SHUFFLE

1-2 Sweep left back stepping back left, sweep Right stepping back Right
3&4 Step Left to left, step right making ¼ left, step Left beside right
5&6 Rock Right over Left, recover on left, Step Right to right side
7&8 Cross Left over Right, Step Right to right side, Cross Left over Right

SECTION 4 (1-8) RHUMBA BOX, CHARLESTON STEP

1&2 Step Right to right side, Step left beside Right, Step back Right
3&4 Step left to left, step Right beside left, Step forward left
5-6 Point Right toe forward, Step back Right
7-8 Point left toe back, Step forward Left

SECTION 5 (1-8) TOE HEEL STOMPS, MAMBO STEP, COASTER STEP

1&2 Point right toe right, touch right heel beside left, Stomp right beside left
3&4 Point Left toe Left, touch Left heel beside Right, Stomp left beside Right
5&6 Rock forward on Right, Recover on Left, step back Right
7&8 Step back left, close Right beside Left, step forward Left
