

# 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)



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## 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

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