

Sweet Lonely Girl

COPPER **NOB**
BY SHEETS

拍数: 32 墙数: 4 级数: Easy Novice
编舞者: Sebastiaan Holtland (NL) - January 2016
音乐: I Feel Lonely (European Broadcast Version) - Sasha : (CD: Greatest Hits)



Introduction: 16 counts, start on approx 14 sec.

Part I. 1-8 Side Lunge, Together, Side, Together, ¼ L, Step, Rock & back, ¼ L, Back Rock & Step.

1-2 Lunge L to L, step R beside L.
3&4 Step L to L, Step R next to L, Making ¼ turn L (9) step L forward.
5&6 Step R forward, Recover back onto L, Step R back.
7&8 Making ¼ turn L (6) step L back, recover back onto R, Step L forward.

PART II. 9-16 ½ Pivot Turn L, Stomp, Hip Bumps R-L-R, Syncopated Half Rumba Box L, Step, Flick 1/8 R.

1&2 Step R forward, Pivot ½ Turn L (12) onto L, Stomp R next to L holding weight onto L.
3&4 Bump R hip to R, Bump L hip to L, Bump R hip to R.
5&6 Step L to L, Step R next to L, Step L forward.
7&8 Step R forward, Making 1/8 turn R (1.30) flick L up, Step L forward.

Restart here Wall 4 after 16 counts, than after the flick you turning R squaring up to 12:00 and touch L next to R, after you start again.

PART III. 17-24 Kick Fwd, Kick Diag, 3/8 Sailor Turn L, Side, Together, Side, Together, ¼ L, Step.

1-2 Kick R forward, Kick R diagonal forward.
3&4 Step R behind L, Making 3/8 turn L (9:00) step L to L, Step R forward.
5-6 Step L to L, Step R next to L.
7&8 Step L to L, Step R next to L, Making ¼ turn L (6) step L forward.

PART IV. 25-32 Walks Fwd R-L, ½ Pivot turn L, Step, Runs Fwd L-R Diag, Kick, 3/8 R, Back, Side. Knee Lift L.

1-2 Walk R forward, Walk L forward.
3&4 Step R forward, Pivot ½ Turn L (12) onto L, Step R forward.
5&6 Making 1/8 turn L (10.30) stepping L forward, Stepping R forward, Kick L forward.
7&8 Step L back, Making 3/8 turn R (3:00) step R to R, Lift L knee up weight onto R.

REPEAT DANCE AND HAVE FUN!!!

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