

A Little Bit Lonely (一點點寂寞) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Improver
编舞者: Nina Chen (TW) - 2017年03月
音乐: I'm a Little Bit Lonely - Lisa McHugh



Intro: 16 counts

S1: HEEL HEEL - BEHIND - 1/4 L FWD - FWD - CHARLESTON

1&2&, 3&4 Tap R heel diagonal - Slightly lift RF - Tap R heel diagonal - Slightly lift RF - Step RF behind LF - 1/4 turn L (9:00) step LF fwd - Step RF fwd
5-8 Step LF fwd - Point R toe fwd - Step RF back - Point L toe back
1&2&, 3&4 右腳跟斜前點 - 稍微抬起右足 - 右腳跟斜前點 - 稍微抬起右足 - 右足後跨 - 左轉1/4 (9:00) 左足前踏 - 右足前踏
5-8 左足前踏 - 右足尖前點 - 右足後踏 - 左足尖後點

S2: SCISSORS - BACK SHUFFLE 1/4 L - COASTER - FULL TURN L

1&2, 3&4 Sep LF to L - Step RF beside LF - Cross LF over RF - Back Shuffle (R L R) 1/4 turn L (6:00)
5&6, 7-8 Step LF back - Step RF beside LF - Step LF fwd - 1/2 turn L (12:00) step RF back - 1/2 turn L (6:00) step LF fwd
1&2, 3&4 左足左踏 - 右足併踏左足旁 - 左足前跨 - 後交換步 (右 左 右) 向左轉 1/4 (6:00)
5&6, 7-8 左足後踏 - 右足併踏左足旁 - 左足前踏 - 左轉 1/2 (12:00) 右足後踏 - 左轉 1/2 (6:00) 左足前踏

S3: RUMBA BOX - BACK - KICK - BACK - KICK - COASTER

1&2, 3&4 Step RF to R - Step LF beside RF - Step RF fwd - Step LF to L - Step RF beside LF - Step LF back
5&6&, 7&8 Step RF back - Kick LF - Step LF back - Kick RF - Step RF back - Step LF beside RF - Step RF fwd
1&2, 3&4 右足右踏 - 左足併踏右足旁 - 右足前踏 - 左足左踏 - 右足併踏左足旁 - 左足後踏
5&6&, 7&8 右足後踏 - 左足前踢 - 左足後踏 - 右足前踢 - 右足後踏 - 左足併踏右足旁 - 右足前踏

S4: FWD SHUFFLE - MAMBO 1/4 L - 1/4 R BACK - 1/4 R SIDE - FWD MAMBO

1&2, 3&4 Fwd shuffle (L R L) - Step RF fwd - 1/4 turn L (3:00) recover onto LF - Cross RF over LF
5-6, 7&8 1/4 turn R (6:00) step LF back - 1/4 turn R (9:00) step RF to R - Step LF fwd - Recover onto RF - Step LF beside RF
1&2, 3&4 前交換步 (左 右 左) - 右足前踏 - 左轉1/4 (3:00) 重心回左足 - 右足前跨
5-6, 7&8 右轉1/4 (6:00) 左足後踏 - 右轉1/4 (9:00) 右足右踏 - 左足前踏 - 重心回右足 - 左足併踏右足旁

RESTART: During Wall 6 after 16 counts (3:00)

重新開始: 第六面牆跳完16拍 (3:00)

Have Fun & Happy Dancing !!!

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Last Update - 15th March 2017