

Lonely And Sorry

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Sylvie Fournier (FR) - March 2017
音乐: She'd Rather Be Lonely Than Sorry - Jason McCoy



Starts on lyrics

[1 à 9] SIDE, TOGETHER, SIDE, MAMBO FORWARD, SIDE ROCK STEP, CROSS TRIPLE :

1 – 2 – 3 step R to right , step L next to R , step R to right □□□(12.00)
4 & 5 rock forward on L , rock back on R , step L next to R
6 – 7 rock side on R , rock back on L
8 & 1 cross R in front of L , step L to left , cross R in front of L

[10 à 17] SIDE, STEP with 1/ 2 TURN, TRIPLE FORWARD , STEP, 1/ 2 TURN , MODIFIED MAMBO FORWARD :

2 – 3 step L to left , step R to right with 1/ 2 turn to right □□□(06.00)
4 & 5 step L forward , step R next to L , step L forward
6 – 7 step R forward , pivot 1/ 2 turn left □□□□□□(12.00)
8 & 1 rock on R forward , rock back on L , step R to right

[18 à 25] TOGETHER, SIDE, MAMBO FORWARD, SIDE ROCK STEP, CROSS TRIPLE :

2 – 3 step L next to R , step R to right
4 & 5 rock forward on L , rock back on R , step L next to R
6 – 7 rock side on R , rock back on L
8 & 1 cross R in front of L , step L to left , cross R in front of L

26 à 33 SIDE, STEP with 1/ 4 TURN, TRIPLE FORWARD , STEP, 1/ 2 TURN , MODIFIED MAMBO FORWARD :

2 – 3 step L to left , step R to right with 1/ 2 turn to right □□□(06.00)
4 & 5 step L forward , step R next to L , step L forward
6 – 7 step R forward , pivot 1/ 2 turn left □□□□□□(12.00)
8 & 1 rock on R forward , rock back on L , step R to right

[34 à 41] HIP SWAYS, SIDE TRIPLE with 1/ 4 TURN , BRUSH , BRUSH , TRIPLE FORWARD :

2 – 3 sway hip to left then right
4 & 5 step L to left , step R next to L , step L to left with 1/ 4 turn left
6 – 7 brush R forward , then brush R backward crossed in front of L □(09.00)
8 & 1 step R forward , step L next to R , step R forward

[42 à 49] BRUSH , BRUSH, STEP, BACK, SIDE, ROCK STEP, TRIPLE STEP with 3/ 4 TURN :

2 – 3 brush L forward , then brush L backward crossed in front of R
4 & 5 Step L in place , step back R , step L to left side
6 – 7 rock on R crossed in front of L , rock back on L
8 & 1 triple step in place with 3/ 4 turn to right □□□□□(06.00)

[50 à 57] SWAYS, TRIPLE FORWARD, SWAYS , TRIPLE BACKWARD :

2 – 3 sway hips to left then right
4 & 5 step L forward , step R next to L , step L forward
6 – 7 sway hips to right then left
8 & 1 step back R , step L next to R , step back R

[58 à 64] CROSS ROCK STEP, SIDE, SYNCOPATED CROSS ROCK STEP, SIDE, CROSS, SIDE, CROSS :

2 – 3 rock on L crossed in front of R , rock back on R

4 & 5 step L to left , rock on R crossed in front of L , rock back on L
6 – 7 step R to right , cross L in front of R ,
8 & step R to right , cross left behind R

Start again

Tag : After 2nd wall , add :

1 – 2 – 3 step R to right , step L next to R , step R to right
4 & 5 step L forward , step R next to L, step L forward
6 – 7 rock back on R , rock forward on L
8 & sway hips to right then left and start again

Restart : On 5th wall : Go to 23rd wall then add :

24 & bring R next to L and cross L in front of R

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