

Lonely Together

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Marie Knight (UK) - August 2017
音乐: Lonely Together (feat. Rita Ora) - Avicii



#16 Count Intro

S1: Touch, Sweep, Sailor Half Turn, Spiral Step, 1/8 Side 1/8 Cross, 1/4 Side Cross

- 1-2 Touch Right toe next to Left (1), Sweep Right foot out from front to back (2)
3&4 Turning ½ right step Right back (3), step Left together (&), step Right forward (4) (6:00)
5-6 Spiral turn right stepping down on Left (5), Step forward on Right (6)
&7&8 Turn 1/8 right stepping Left foot to diagonal (&) (7:30), Turn 1/8 right crossing Right foot over Left (7) (9:00), Turn 1/4 right stepping Left foot to left side (&) (12:00), Cross Right foot over Left (8)

S2: Press/Rock, Recover, Behind Side Cross, Rock Recover, Behind Side Step Forward

- 1-2 Press/Rock Left foot to left side (1), Recover weight onto on Right foot (2)
3&4 Step Left foot behind Right (3), Step Right foot to right side (&), Cross Left over Right (4)
5-6 Rock Right to right side (5), recover weight onto Left foot (6)
7&8 Step Right foot behind Left (7), Step Left foot to left side (&), Step forward on Right (8)

S3: 1/4 Ball Step, 1/4 Ball Step, 1/4 Ball Step, ½ Turn, Step Back, Left Coaster Step, Step Forward

- &1 Turn 1/8 right stepping down on Left (&), Turn 1/8 right stepping forward on Right foot (1) (3:00)
&2 Turn 1/8 right stepping down on Left (&), Turn 1/8 right stepping forward on Right foot (2) (6:00)
&3 Turn 1/8 right stepping down on Left (&), Turn 1/8 right stepping forward on Right foot (3) (9:00)
4-5 ½ turn right stepping back on Left foot (4), Step back on Right (5) (3:00)
6&7 Step back on Left (6), Step Right next to Left (&), Step forward on Left (7)
8 Step forward on Right (8)

S4: Hitch whilst 'C' Hip Bumps, Step, Full Turn Left, Pivot ½ Left, Right Shuffle Forward

- 1&2 Hitch the Left knee up whilst bumping the left hip up and out (1), Curve the left hip round, down and out (&), Step forward on the Left foot (2)
The hip bumps should make the shape of the letter 'C' whilst keeping the left knee hitched
3-4 Turning left, make a half a turn over stepping back on the Right, Turning left (3) (9:00), make a half turn stepping forward on the Left (4) (3:00)
5-6 Step Right forward (5), turn ½ left stepping down on Left (6) (9:00)
7&8 Step forward on Right (7), close Left in to Right (&), Step forward on Right (8)

S5: Step Touch Back, Behind Side Cross, Right ¼ turn, Right ½ turn, Right Shuffle Forward

- &1-2 Step forward 1/8 to left diagonal on Left foot (&), Touch Right toe behind Left foot (1), Step back on Right foot (2) (7:30)
3&4 Turn 1/8 right stepping Left foot behind Right (3), Step Right foot to right side (&), Cross Left over Right (4) (9:00)
5-6 Make a ¼ turn right stepping forward on Right foot (5), Make ½ turn right stepping back on Left foot (6) (6:00)
7&8 Step forward on Right (7), close left in to Right (&), Step forward on Right (8)

S6: Out, Out, In, In, Left Mambo Back, Touch and Heel and Big Step, Close

- &1 Step forward and out with Left on left diagonal (&), Step forward and out with Right on right diagonal (1)

- &2 Step back and in with Left (&), Step back and in with Right (2)
- 3&4 Rock back on the Left (3), Recover onto the Right (&), Close the Left in to join the Right (4)
- 5&6& Touch Right toe next to Left (5), Step back on Right foot (&), Dig the Left heel forward (6), Step down on the Left foot (&)
- 7-8 Take a big step forward on the Right (7), Close the Left foot in to join the Right (8)

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