

Lonely This Weekend

拍数: 64 墙数: 2 级数: Improver
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音乐: Lonely Weekend - Bo Walton : (Album: Lonely Weekend)



Intro: 32 counts

S1: Chassé, Rock Behind Recover, Chassé, Rock Back Recover

1&2 RF step side, LF together, RF step side
3-4 LF rock behind, RF recover
5&6 LF step side, RF together, LF step side
7-8 RF rock back, LF recover [12]

S2: Heel Switches, Clap, Toe Switches, Clap

1&2& RF dig heel forward, RF together, LF dig heel forward, LF together
3-4 RF dig heel forward, clap
5&6& RF point side, RF together, LF point side, LF together
7-8 RF point side, clap [12]

S3: Sync. Jazz Box Cross, Rock Back Recover, Pivot ½ R

1-2 RF cross over, LF step back
&3-4 RF step beside on ball foot, LF cross over, RF step side
5-6 LF rock back, RF recover
7-8 LF step forward, L+R ½ turn right [6]

S4: Shuffle Fwd, Full Turn L, Out Out, Clap, Elvis Knees

1&2 LF step forward, RF step beside, LF step forward
3-4 RF ½ left step back, LF ½ left step forward
&5-6 RF step right forward (out), LF step side (out), clap
7-8 RF push knee inward, LF push knee inward [6]

S5: Chassé, Rock Behind Recover, Chassé ¼ L, Reverse Pivot ½ L

1&2 LF step side, RF together, LF step side
3-4 RF rock behind, LF recover
5&6 RF step side, LF together, RF ¼ left step back
7-8 LF point back, L+R ½ turn left [9]

S6: Rock Fwd Recover, Coaster, Point x2, Sailor ¼ L

1-2 RF rock forward, LF recover
3&4 RF step back, LF together, RF step forward
5-6 LF point forward, LF point side
7&8 LF ¼ left cross behind, RF step beside, LF step slightly forward [6]

S7: Figure Of Eight

1-4 RF step side, LF cross behind, RF ¼ right step forward, LF step forward
5-8 L+R ½ turn right, LF ¼ right step side, RF cross behind, LF ¼ left step forward [3]

S8: Cross, Point (x2), Jazz Box Cross ¼ R

1-4 RF cross over, LF point side, LF cross over, RF point side
5-8 RF cross over, LF ¼ right step back, RF step side, LF cross over [6]

Start again

