

# Lonely For You Only

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2017  
音乐: Lonely for You Only - Midland



Start after 32 count intro when the beat kicks in (approx. 27secs) – 109bpm – 3mins 49secs  
Music Available: Amazon

## [1-8] R chassé, L back rock/recover, L/R step touches

1&2      Step R side, step L together, step R side  
3-4      Rock L back, recover weight on R  
5-6      Step L side, touch R together  
7-8      Step R side, touch L together

## [9-16] L chassé, R back rock/recover, R/L step touches

1&2      Step L side, step R together, step L side  
3-4      Rock R back, recover weight on L  
5-6      Step R side, touch L together  
7-8      Step L side, touch R together

## [17-24] R fwd shuffle, L fwd shuffle, R fwd, ¼ L pivot turn, R fwd, ¼ L pivot turn

1&2      Step R forward, step L together, step R forward  
3&4      Step L forward, step R together, step L forward

**TAG/RESTART:** On walls 5 & 10 which start facing front wall, dance first 20 counts and add the following 4 count Tag – R jazz box cross – and then Restart the dance again facing the front wall.

## [1-4] Cross step R over L, step L back, step R side R, cross step L over R

5-6      Step R forward, pivot ¼ left (9 o'clock)  
7-8      Step R forward, pivot ¼ left (6 o'clock)

## [25-32] R cross point, L cross point, ¼ R jazz box cross

1-2      Cross step R over L, point L side  
3-4      Cross step L over R, point R side  
5-6      Cross step R over L, turning ¼ right step L back (9 o'clock)  
7-8      Step R side, cross step L over R

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Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P