

Lonely Lady

COPPERKNOB
STEPPERS

拍数: 32 墙数: 4 级数:
编舞者: Gordon Elliott (AUS) - March 2018
音乐: Lonely Lady - Bouke : (Album: Sing's Elvis & Other Hits)



Original Position: Feet Together Weight On The Left Foot.
This dance is done in FOUR directions. Introduction : On Vocals

FORWARD, ROCK, SHUFFLE BACK, BACK, ROCK, SHUFFLE FORWARD

1, 2 Step R Forward, Rock Back Onto L,
3 & 4 Shuffle Back Step : R-L-R,
5, 6 Step L Back, Rock Onto R,
7 & 8 Shuffle Forward Step : L-R-L.

PADDLE TURN, SHUFFLE ACROSS, 1/4 BACK, 1/4 SIDE, ACROSS, HOLD

1, 2 Paddle : Step R Forward, Turn 90° Left Take Weight Onto L,
3 & 4 Shuffle Right Across In Front Of Left Step : R-L-R,
5, 6 Turn 90° Right Step L Back, Turn 90° Right Step R To The Side,
7, 8 ## Step L Across In Front Of Right, Hold.

1/4 MONTEREY TURN, 1/4 JAZZ BOX FORWARD

1, 2 Touch R Toe To The Side, Turn 90° Right Step R Together,
3, 4 Touch L Toe To The Side, Step L Together,
5, 6 Jazz Box : Step R Across In Front Of Left, Step L Back,
7, 8 Turn 90° Right Step R To The Side, Step L Forward.

FORWARD, ROCK, COASTER STEP, PIVOT TURN, SHUFFLE FORWARD,

1, 2 Step R Forward, Rock Back Onto L,
3 & 4 Coaster : Step R Back, Step L Together, Step R Forward,
5, 6 Pivot : Step L Forward, Turn 180° Right Take Weight Onto R,
7 & 8 Shuffle Forward Step : L-R-L.

(Option for Beats 7 & 8 : Turn 180° Right Step L Back, Turn 180° Right Step R Forward, Step L Forward)

[32] REPEAT THE DANCE IN NEW DIRECTION

RESTART : On WALL 9 dance to BEAT 16 (##) and RESTART FACING 3.00.