

Lonely Life for ME

拍数: 32 墙数: 2 级数: Low Intermediate
编舞者: Karen Tripp (CAN) & Val Saari (CAN) - June 2019
音乐: It's a Lonely Life for Me - Stephen Phillips : (Album: Vacate, EP - iTunes, Amazon)



RESTART: On wall 6 (you will be facing 6:00), dance 28 counts and restart from the beginning of the dance.

(S1) POINT FWD, POINT SIDE, SAILOR ¼ R, 2X (BACK, SIDE ROCK/REC) (3:00)

1-2 Point Right toe forward, point Right toe to right side
3&4 Turning ¼ R sweep Right behind left, step Left to left side, step Right next to left
5&6 Step back on Left, rock Right to right side, recover weight to Left
7&8 Step back on Right, rock Left to left side, recover weight to Right

(S2) L CROSS MAMBO 1/4 L, R SHUFFLE FWD, 2 L SIDE TOUCHES, REVERSE VINE W/ FLICK (12:00)

1&2 Cross Left over right, Recover weight to Right, Turn ¼ left and step on Left
3&4 Shuffle forward stepping Right, Left, Right
5-6 Point Left toe to left side and tap twice
7&8& Cross Left behind right, Step on right, Cross Left over right, flick Right back

(S3) 2 BACK STRUTS, R SIDE MAMBO, 2 BACK STRUTS, L COASTER (12:00)

1&2& Step ball of Right back, drop heel, Step ball of Left back, drop heel
3&4 Rock Right to right side, recover weight to Left, step Right in place
5&6& Step ball of Left back, drop heel, Step ball of Right back, drop heel
7&8 Step back on Left, step Right next to left, step forward on Left

(S4) 2 FWD TURNING SHUFFLES ½ R (OPTIONAL FLICKS), STEP CHARLESTON (6:00)

1&2 Turning one wall to the right, shuffle forward stepping R, L, R (option to Flick left back)
3&4 Continue turning one wall to the right, shuffle forward stepping L, R, L (option to flick Right foot back)

****RESTART HERE ON WALL 6 (Hint: Listen for the lyrics "Walking away from you was the hardest thing..." after the chorus, this is the start of Wall 6 facing 12:00.) You will be facing 6:00 for the restart.**

5-8 Step Right forward, touch Left forward, Step Left back, Touch Right back

TAG (during instrumental section) (16 cts) : At the end of Wall 2 facing 12:00, add the following 16 counts and return to 12:00.

(TS1) 4 PRISSY WALKS, 4 SWAYS (R, L, R, L)

1-4 Walk forward crossing Right over, then Left over, then Right over, then Left Over
5-8 Step right to side and Sway R, L, R, L

(TS2) KICK CHARLESTON, RIGHT FULL CIRCLE WALK 4 WALLS (12:00)

1-4 Step Right forward, kick Left forward, Step Left back, Touch Right back
5-8 Turn right and walk 4 steps making an arc to end facing 12:00

END: Dance ends facing 12:00 after 16 counts.

Contacts: Karen Tripp (karen@trippcentral.ca), Val Saari (valeriesaari@icloud.com)