

Lonely Cha

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Simon Ward (AUS) & Trevor Thornton (USA) - September 2019
音乐: Lonely Girl - Charles Kelley



Count In: 32 Count from start of track

Notes: 1 Re-start / 1tag-w/re-start

[1 – 8] SIDE, BACK ROCK, RECOVER, STEP LOCK STEP, ¼ TURN PIVOT R, CROSS

1 2 3 Step L to L (1), Rock back on R (2), Recover fwd on L (3) 12.00
4 & 5 Step fwd on R (5), Lock L behind R (&), Step fwd on R (5) 12.00
6 7 8 Step fwd on L (6), Pivot ¼ turn R (7), Cross L over R (8) 3.00

[9 – 16] SLIDE, DRAG, BALL CROSS, HOLD, BALL CROSS, SIDE ROCK, RECOVER ¼ R.

1 2 Slide R to R (1), Drag L to R (2). 3.00
& 3 4 Step L to R (&), Cross R over L (3), Hold (4). 3.00
& 5 6 Step L to L (&), Cross R over L (5), Rock L to L (6). 3.00
7 8 & Recover on R making ¼ R (7), Step L fwd (8), Step R next to L (&) 6.00

[17 – 24] SWEEP INTO A JAZZ BOX W/CROSS, SIDE ROCK, RECOVER, CROSS R, STEP L

1 2 Step fwd on L while sweeping R over L (1), Step on R over L (2) 6.00
3 4 Step back on L (3), Step R to R (4). **Restart here on Wall 3** 6.00
5 6 Cross L over R (5), Rock R to R (6). 6.00
7 8 & Recover L to L (7), Cross R over L (8), Step L to L (&). 6.00

Re start : After Jazz box re-start facing back wall.

[25 – 32] STEP FWD R, PIVOT ¼ L, STEP FWD R, PIVOT 3/8 (WITH HIPS), R FWD, SWEEP, SWEEP ¼ SAILOR L.

1 2 Step R fwd to 4.30, Pivot 1/4 turn L taking weight onto L - circling hips back CCW (1-2). 1.30
3-4 Step fwd on R to 1.30, Pivot 3/8 turn L taking weight onto L - circling hips back CCW (3-4). 9.00
5 6 Step fwd on R touching L toe behind R (5), Step back on L sweeping R back (6). 9.00
7 8 & Step back on R sweeping L back (7), Step L behind R turning ¼ L (8), Step R next to L (&). 6.00

TAG: WALL 7 AT THE END OF THE SEQUENCE, FACING THE BACK WALL 6.00

1 2 3 4 Step L to L (1), Touch R toe at 45 deg R (2), Step R to R (3), Touch L toe at 45 deg L (4). Re-start.

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