

I Was Lonely

拍数: 32 墙数: 4 级数: Beginner
编舞者: Francien Sittrop (NL) - November 2019
音乐: Once Upon a Time (feat. Martina McBride) - The Mavericks : (Album: Play The Hits)



Intro : Start after 16 counts from the beginning

[1 – 8] Side, Behind, Side Shuffle, Cross Rock, Recover, Sailor step ¼ L

1 - 2 Step R to R side, Step L behind R
3 & 4 Step R to R side, Step L next to R, Step R to R side
5 – 6 Cross Rock L over R, Recover on R
7 & 8 Sweep L behind R with ¼ Turn L, Step R next to L, Step L fwd (09.00)

[9-16] Skates, Shuffle fwd, Vaudeville , Hold

1 – 2 Skate R, L
3 & 4 Step R fwd, Step L next to R, Step R fwd
5-6& Step L to L side, Step R behind L, Step L next to R
7 – 8 Touch R heel fwd, Hold

[17-24] Together, Cross, ¼ Fwd, Step Fwd, Pivot ¼ R, Cross, Hold, Side, Cross, Side

&1– 2 Step R next to L, Step L across R, ¼ Turn R step R fwd (12.00)
3 – 4 Step L fwd, Pivot ¼ Turn R (Weight ends on R) (03.00)
5 – 6 Cross L over R, Hold
&7-8 Step R to R side, Step L across R, Step R to R side

[25-32] Sailor steps x2, Rock fwd, Recover, Coaster Cross

1 & 2 Sweep L behind R, Step R next to L, Step L to L side
3 & 4 Sweep R behind L, Step L next to R, Step R to R side
5 – 6 Rock L fwd, Recover on R
7 & 8 Step L back, Step R next to L, Step L across R

Start Again

Website : www.franciensittrop.nl