

Lonely If You Are

COPPER KNOB
STEPSHEETS

拍数: 72 墙数: 2 级数: Easy Intermediate
编舞者: Bill Baron (USA), Penny Tan (MY) & Shirley Bang (MY) - February 2020
音乐: Lonely If You Are - Chase Rice



#16 count intro, start with singing

[1-8] RUMBA BOX, MAMBO, COASTER CROSS

1&2 Step RF to side, step LF next to RF, step RF back
3&4 Step LF to side, step RF next to LF, step LF forward
5&6 Step RF forward, recover LF, step RF next to LF
7&8 Step LF back, step RF next to LF, cross LF over RF

[9-16] 1/2 TURNING VOLTA, 1/2 TURNING VOLTA, SHUFFLE, ROCK RECOVER

1&2 Step RF 1/4 turn R, step LF 1/4 turn R, cross RF over LF
3&4 Step LF 1/4 turn L, step RF 1/4 turn L, cross LF over RF
5&6 Step RF 1/4 turn R, step LF next to RF, step RF forward
7&8 Step LF forward, recover RF, step LF back turning 1/4 L

[17-24] Sway X4, CROSSING SHUFFLE, SIDE SHUFFLE

1-2 Sway R, sway L
3-4 Sway R, sway L
5&6 Cross RF over LF, step LF to side, cross RF over LF
7&8 Step LF to side, step RF next to LF, step LF to side

[25-32] TOUCH TOUCH STEP, TOUCH TOUCH STEP, ROCK BACK RECOVER, KICK BALL CROSS

1&2 Touch RF, touch RF, step RF to side
3&4 Touch LF, touch LF, step LF to side
5-6 Step back RF, recover LF
7&8 Kick RF, replace RF next to LF, cross LF over RF

[33-40] SCISSOR CROSS, STEP TOGETHER, SCISSOR CROSS, STEP TOGETHER

1&2 Step RF to side, step LF next to RF, cross RF over LF
3-4 Step LF to side, step RF next to LF touching
5&6 Step RF to side, step LF next to RF, cross RF over LF
7-8 Step LF to side, step RF next to LF touching

[41-48] ROCK RECOVER 1/4 TURN, SHUFFLE, ROCKING CHAIR, COASTER

1&2 Step RF forward, recover LF, step RF 1/4 turn R
3&4 Step LF forward, step RF next to LF, step LF forward
5&6 Step RF forward, Recover LF, step RF back
7&8 Step LF back, step RF next to LF, step LF forward

[49-56] SIDE TOUCHES, SHUFFLE, SIDE TOUCHES, SHUFFLE 1/4 turn

1&2& Step RF to side, step LF next to RF touching, step LF to side, step RF next to LF touching
3&4& Step RF to side, step LF next to RF, step RF to side, step LF next to RF touching
5&6& Step LF to side, step RF next to LF touching, step RF to side, step LF next to RF touching
7&8 Step LF to side, step RF next to LF, step LF to side turning 1/4 L

[57-64] PIVOT TURN, SHUFFLE, (SWEEPING CROSS, STEP BACK, STEP SIDE) X2

1&2 Step RF forward, pivot 1/2 turn L, step RF forward
3&4 Step LF forward, step RF next to LF, step LF forward

5&6 Sweeping RF cross over LF, step LF Back, step RF side
7&8 Sweeping LF cross over RF, step RF back, step LF side

[65-72] STEP FLICKS, PIVOT TURN, STEP 1/2 TURN, STEP BACK

1&2& Cross RF over LF, flick LF to L, cross LF over RF, flick RF to R
3&4 Cross RF over LF, flick LF to L, step LF forward
5-6 Step RF forward, pivot 1/2 turn L
7-8 Step RF 1/2 turn L, step back on LF

BRIDGE: DURING WALL 3, AFTER 32 counts there is a 2 count bridge. HOLD FOR 2 COUNTS.

This happens when there is silence and lasts for two counts and the dance continues with the continuation of the vocals.
