

Lonesome, On'ry And Mean

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Karen Knight (UK) - February 2020
音乐: Lonesome, On'ry And Mean (108 bpm)



Intro: Start after count 16, on the word "Bus"

Section 1: Side, Close, Chasse Right, Cross Rock, Chasse Left

1,2 Step right to right side. Step left beside right
3&4 Step right to right side. Step left beside right. Step right to right side
5,6 Cross rock left over right. Recover on right
7&8 Step left to left side. Step right beside left. Step left to left side

Section 2: Extended Weave Left, Side Rock, Coaster Step

1& Cross right over left. Step left to left side
2& Cross right behind left. Step left to left side
3&4 Cross right over left. Step left to left side. Cross right behind left
5,6 Rock to side on left. Recover on right
7&8 Step left back. Step right beside left. Step left forward

Section 3: Forward Rock, ½ Shuffle, Forward Rock, ¼ Chasse Left

1,2 Rock forward on right. Recover on left
3&4 Step right ¼ turn right. Step left beside right. Step right ¼ turn right (6:00)
5,6 Rock forward on left. Recover on right
7&8 Step left ¼ turn left. Step right beside left. Step left to left side (3:00)

Section 4: Walk x 2, Right Shuffle, Vaudeville

1,2 Walk forward stepping right, left
3&4 Step right forward. Step left beside right. Step right forward
5& Cross left over right. Step right back
6& Touch left heel forward on diagonal (1:30). Step left beside right
7&8 Cross right over left. Step left back. Touch right heel forward on diagonal (4:30)

Many thanks to Marcus for asking me if there was a dance that could be done to this music. Well there is now.
