

Lonely

拍数: 64 墙数: 4 级数: High Intermediate
编舞者: Hiroko Carlsson (AUS) - April 2020
音乐: Lonely - Joel Corry : (iTunes, amazon)



(Dance Starts on lyrics)

[S1] Side Rock, Cross, 1/4R, 1/4R Side Shuffle, Cross, Side

1 2 Rock R to the right, Recover weight on L
3 4 Cross R over L, Make a ¼ turn right stepping back on L
5&6 Making a ¼ turn right shuffle to the right R-L-R
7 8 Cross L over R, Step R to the side (6:00)

[S2] Behind, Point, Behind, Side, Shuffle Fwd, Step-Pivot 1/2R

1 2 Step L behind R, Point R to the right
3 4 Step R behind L, Step L to the side
5&6 Shuffle forward RLR
7 8 Step forward on L, Make a ½ turn right recover weight on R (12:00)

[S3] Figure 8

1 2 Step L to left, Cross R behind L
3 4 Turn ¼ to left stepping forward on L, Step forward on R
5 6 1/2 pivot to left transferring weight to L, Pivot on L ¼ to left and step R to right
7 8 Cross L behind R, Turn ¼ to right and step forward on R (3:00)

[S4] 1/4R, Touch, 1/4R Shuffle Fwd, Step-Pivot 1/2R, Full Turn

1 2 Make a ¼ turn right stepping L to the side, Touch R next to L (6:00)
3&4 Making a ¼ turn right shuffle forward RLR (9:00)
5 6 Step forward on L, Make a ½ turn right recover weight on R (3:00)
7 8 Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R (3:00)

[S5] Step-Pivot 1/4R, 2x Cross Kick, &-Double Heels, &-Heel Grind, Side

1 2 Step forward on L, Make a ¼ turn right recover weight on R (6:00)
3 4& Cross kick L over R twice (3 4), Step L to the side (&)
5 6& Cross tap R heel over L twice (5 6), Step R to the side (&)
7 8 Rock forward on L heel twisting L toe from R to L, Recover/step R to the side

[S6] Back Rock, 1/2R Turning Shuffle Back, Back Rock, Step-Pivot 1/2L

1 2 Rock back on L, Recover weight on R
3&4 Making a ½ turn right shuffle back LRL
5 6 Rock back on R, Recover weight on L
7 8 Step forward on R, Make a ½ turn left recover weight on L** (6:00)

[S7] Cross, Point, Cross Samba, Behind, Point, 1/4L, Point

1 2 Cross R over L, Point L to left
3&4 Cross L over R, Rock R to the side, Recover weight on L
5 6 Step R behind L, Point L to left
7 8 Make a ¼ turn left cross L over R, Point R to right (3:00)

[S8] Fwd Rock, 1/2R Fwd, Fwd, Box Cross

1 2 Rock forward on R, Recover weight on L
3 4 Make a ½ turn right stepping forward on R, Step forward on L

5 6 Cross R over L, Step back on L
7 8 Step R to the side, Cross L over R (9:00)

Restart on Wall 5 count 48(6:00)**

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 1/Apr/20)**
