

Lonely

拍数: 32 墙数: 4 级数: Improver
编舞者: Arnaud Marraffa (FR) & Chrystel Arréou (FR) - August 2021
音乐: Lonely - Hunter Brothers : (CD : State of mind - 2019)



Start after 16 counts

[1-8] CROSS ROCK, CHASSE R, CROSS, SIDE, SAILOR ¼ TURN L

1-2 Cross R over L - Recover on L
3&4 Step R to R side - Step L next to R - Step R to R side
5-6 Cross L over R - Step R to R side
7&8 Sailor ¼ turn L 9h

[9-16] SIDE ROCK STEP, CROSS SHUFFLE, POINT, ¼ TURN R, POINT, KICK, CROSS, POINT

1-2 Rock R to R side - Recover on L
3&4 Cross R over L - Step L to L side - Cross R over L
5-6 Point L to L - ¼ turn R & Point L to L 12h
7&8 Kick L - Cross L over R - Point R top R

Restart on walls 2 & 6

[17-24] CROSS, UNWIND ½ TURN L, HEELS TWIST ¼ TURN R, LARGE STEP BACK, SLIDE, STEP, STEP

1-2 Cross R over L - ½ turn L 6h
3&4 Swivel both heels to the L - Return to center - Swivel both heels to the L with ¼ turn R (weight on L) 9h
5-6 Large step R on back - Slide L next to R
&7-8 Step L next to R - Step fwd on R- Step fwd on L

[25-32] STEP, ½ TURN L, CHASSE ¼ TURN L, CROSS, ¼ TURN L, BACK, CHASSE L

1-2 Step fwd on R - ½ turn L 3h
3&4 ¼ turn L stepping R to R side - Step L next to R - Step R to R side 12h
5-6 Cross L over R - ¼ turn L stepping back on R 9h
7&8 Step L to L side - Step R next to L - Step L to L side

RESTART on walls 2 & 6, after 16 counts

TAG (8 counts) at the end of wall 10

[1-8] ROCKING CHAIR, CROSS, UNWIND ½ TURN L

1-2 Rock fwd R - Recover on L
3-4 Back rock on R - Recover on L
5-8 Cross R over L - ½ turn L (counts 6, 7 & 8)

Last Update - 28 Sept. 2021