

Lonely Side of Town

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Janet Cummings (USA) - 30 October 2021
音乐: Lonely Side of Town (feat. Gladys Knight) - Old Dominion



Intro: 16 Counts - No Tags/Restarts

Weight on Left...

SECTION 1: SIDE, BEHIND, SIDE, HEEL RAISE; SIDE, BEHIND, SIDE, HEEL RAISE

1, 2, 3 R Step to Side, L Step Behind, R Step to Side
&4 With weight on both feet and knees relaxed - Raise Both Heels (&) and Drop (4)
5, 6, 7 L Step to Side, R Step Behind, L Step to Side,
&8 With weight on both feet and knees relaxed Raise Both Heels (&) and Drop (8)
***Note: Have fun with the heel raises...split knees, raise/drop your shoulders, palms up/ down, etc.

SECTION 2: VAUDEVILLE; SIDE ROCK, RECOVER, REVERSE PIVOT

1, 2 R Step to Side, L Step Behind
&3 R Step Quickly Back (&) Tap L Heel Forward (3)
&4 L Step Quickly Back (&), R Foot Cross (4)
5, 6 L Rock to Side, R Recover
7, 8 Position L Toe Behind R Heel, Turn ½ Left with Weight on Balls of Both Feet - End With Weight on L

SECTION 3: VAUDEVILLE; SIDE ROCK, RECOVER, REVERSE PIVOT

1, 2 R Step to Side, L Step Behind
&3 R Step Quickly Back (&) Tap L Heel Forward (3)
&4 L Step Quickly Back (&), R Foot Cross (4)
5, 6 L Rock to Side, R Recover
7, 8 Position L Toe Behind R Heel, Turn ½ Left with Weight on Balls of Both Feet - End With Weight on L

SECTION 4: R ROCK, RECOVER, SWITCH (&), L ROCK, RECOVER, SWITCH (&); RIGHT ¼ TURN JAZZ BOX, CROSS

1, 2 R Rock Forward, L Recover
& Switch - Quickly Step Back on R
3, 4 L Rock Forward, R Recover
& Switch - Quickly Step Back on L
5, 6, 7, 8 Jazz Box - Cross R over L, Step L Back, Turn ¼ Right - R Step to Side, L Cross Over R

***Alternate Track Choices: Miss Me More, Kelsea Ballerini, Bpm 96

Wild Ones, Flo Rida, Bpm 127

And the beat goes on! Be safe and well everyone, have fun - keep dancing! God bless.

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