

Don't Be Lonely (P)

拍数: 32 墙数: 0 级数: Improver / Intermediate - Partner
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音乐: You Won't Ever Be Lonely - Andy Griggs



Position Double Hand Hold, Man faces L.O.D
Man and Lady's steps are mirror type, except if indicated

Intro 32 counts

[1 – 8] Side Rock Step, Cross Shuffle, Side Rock Step, Coaster Step

1 – 2 M: LF Rock to the Left, Recover on RF
 L: RF Rock to the Right, Recover on LF
3 & 4 M: Cross LF Over RF, Step R to the Right, Cross LF Over RF
 L: Cross RF Over LF, Step L to the Left, Cross RF Over LF
5 – 6 M: RF Rock to the Right, Recover on LF
 L: LF Rock to the Left, Recover on RF
7 & 8 M: Step R Behind, LF Next to RF, Step R Fwd
 L: Step L Behind, RF Next to LF, Step L Fwd

[9 – 16] M: Walk, Walk, Triple Step, Walk, Walk, Walk, Walk

[9 – 16] L: Step Fwd, Step ¼ Turn, Shuffle ¼ Turn, Step Fwd, Back Step ½ Turn, Shuffle ½ Turn

Let go of man's left hand. Lady walks around man on the first 4 counts

1 – 2 M: Step L Fwd, Step R Fwd
 L: Step R Fwd, ¼ Turn to the Right and Step L Fwd
3 & 4 M: Triple Step LF, RF, LF
 L: Shuffle RF, LF, RF – ¼ Turn to the Right
5 – 6 M: Step R Fwd, Step L Fwd
 L: Step L Fwd, ½ Turn to the Left and Step R Fwd
7 & 8 M: Step L Fwd, Step R Fwd
 L: Shuffle LF, RF, LF – ½ Turn to the Left

Wrap Position L.O.D

[17 – 24] M: Step, Touch, Step, Touch, Rock Step, Shuffle ½ Turn

[17 – 24] L: Step, Touch, Step, Touch, Pivot ½ Turn, Shuffle Fwd

1 – 2 M: Step R Fwd, Point L Next to RF
 L: Step R Fwd, Point L Next to RF
3 - 4 M: Step L Fwd, Point R Next to LF
 L: Step L Fwd, Point R Next to LF
5 – 6 M: RF Rock Fwd, Recover on LF
 L: Step R Fwd and Pivot ½ Turn to the Left – Ends on LF

Let go of man's left hand

7 & 8 M: Shuffle RF, LF, RF – ½ Turn to the Right
 L: Shuffle Fwd RF, LF, RF

[25 – 32] M: Pivot ½ Turn, Walk, Walk, Step, Touch, Step Touch

[25 – 32] L: Pivot ½ Turn, Shuffle ½ Turn, Back, Touch, Back, Touch

1 – 2 H: Step L Fwd and Pivot ½ Turn to the Right – Ends on RF
 L: Step L Fwd and Pivot ½ Turn to the Right – Ends on RF
3 - 4 M: Step L Fwd, Step R Fwd
3 & 4 L: Shuffle LF, RF, LF – ½ Turn to the Right

Return to start position

5 – 6 M: Step L Fwd, Point R Next to LF

7 - 8 L: Step R Behind, Point L Next to RF
 M: Step R Fwd, Point L Next to RF
 L: Step L Behind, Point R Next to LF

TAG: After 3rd routine, 16 counts tag:

[1 – 8] M: Walk, Walk, Shuffle Fwd, Back Step ½ Turn, Back Step ½ Turn, Shuffle Fwd

[1 – 8] L: Back Step, Back Step, Shuffle ½ Turn, Back Step ½ Turn, Back Step, Back Shuffle

1 - 2 M: Step L Fwd, Step R Fwd
 L: Step R Behind, Step L Behind

Let go of man's right hand

3 & 4 M: Shuffle Fwd LF, RF, LF
 L: Shuffle RF, LF, RF – ½ Turn to the Right

5 – 6 M: ½ Turn to the Left and Step R Behind, ½ Turn to the Left and Step L Fwd
 L: ½ Turn to the Right and Step L Behind, Step R Behind

7 & 8 M: Shuffle Fwd RF, LF, RF
 L: Shuffle Back LF, RF, LF

Return to start position

[9 – 16] Side Rock Step, Cross Shuffle, Side Rock Step, Coaster Step

[1 – 8] M: LF Rock to the Left, Recover on RF

[1 – 8] L: RF Rock to the Right, Recover of LF

3 & 4 M: Cross LF Over RF, Step R to the Right, Cross LF Over RF
 L: Cross RF Over LF, Step L to the Left, Cross RF Over LF

5 – 6 M: RF Rock to the Right, Recover on LF
 L: LF Rock to the Left, Recover on RF

7 & 8 M: Step R Behind, LF Next to RF, Step R Fwd
 L: Step L Behind, RF Next to LF, Step L Fwd
