

About as Lonely

COPPER KNOB
BY STEPSHEETS

拍数: 48 墙数: 1 级数: High Beginner
编舞者: Chris Cleevely (UK) - January 2023
音乐: She's About As Lonely As I'm Going to Let Her Get - Brooks & Dunn



(32 Count intro)

Section 1 (1-8 Counts) R Shuffle Forward; Rock Forward, Recover; 1/2 Shuffle L; Walk, Walk

1 & 2 Shuffle forward R stepping R, L, R
3 - 4 Rock forward on L, recover weight on R
5 & 6 Make a half shuffle L, stepping L, R, L (6 o'clock)
7 - 8 Walk forward R, walk forward L

Section 2 (9-16 Counts) Step Pivot 1/4 Turn L; Cross Shuffle; 2 x 1/4 Turns R; Rock Forward, Recover

1 - 2 Step forward on R and pivot 1/4 turn L (3 o'clock)
3 & 4 Cross shuffle R over L, stepping R, L, R
5 - 6 Make 1/4 turn R, stepping back on L; make 1/4 turn R, stepping R to side (9 o'clock)
7 - 8 Rock forward L, recover weight on R

Section 3 (17-24 Counts) L Coaster; Rock Forward, Recover; Cross Behind, 1/4 L; Step R, Touch L

1 & 2 Step back on L, step R beside L, step forward on L
3 - 4 Rock forward R, recover weight on L
5 - 6 Cross R behind L, step 1/4 L (6 o'clock)
7 - 8 Step R to R side, touch L toe beside R

Section 4 (25-32 Counts) L Shuffle Forward; Rock Forward, Recover; 1/2 Shuffle R; Walk, Walk

1 & 2 Shuffle forward L, stepping L, R, L
3 - 4 Rock Forward R, recover weight on L
5 & 6 Make a half shuffle R, stepping R, L, R (12 o'clock)
7 - 8 Walk forward L, walk forward R

Section 5 (33-40 Counts) Step Pivot 1/4 Turn R; Cross Shuffle; 2 x 1/4 Turns L; Rock forward, Recover

1 - 2 Step forward on L and pivot 1/4 turn R (3 o'clock)
3 & 4 Cross shuffle L over R, stepping L, R, L
5 - 6 Make 1/4 turn L, stepping back on R, make 1/4 turn L, stepping L to side (9 o'clock)
7 - 8 Rock forward R, recover weight on L

Section 6 (41-48 Counts) R Coaster; Rock Forward, Recover; Cross R Behind, 1/4 R; Step L, Touch R

1 & 2 Step back on R, step L beside R, step forward on R
3 - 4 Rock forward L, recover weight on R
5 - 6 Cross L behind R, step 1/4 turn R (12 o'clock)
7 - 8 Step L to L side, touch R toe beside L

(Note: Sections 4, 5 & 6 are a repeat of sections 1, 2 & 3 in reverse.)

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