

Only The Lonely

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Brenda Shatto (USA) & Barbara Tobin (USA) - July 2023
音乐: Only the Lonely - The Motels



1 Restart, 1 Restart/Step Change: See below for details

Intro: 16 counts. Weight on left.

[1-8] Step, hold, 1/2 right pivot, step, close, step, hold

1,2 Step R forward, hold
3,4 Step L forward, 1/2 right pivot (weight on R) [6:00]
5,6,7 Step L forward, close R, step L forward
8 Hold

[9-16] 1/2 left turn with sweep, behind side, cross rock, recover, side, hitch with body twist

1,2 Turn 1/2 left stepping R back [12:00], sweep L from front to back [12:00]
3,4 Cross L behind R, step R to right *Restart/Step Change Wall 10*
5,6 Cross rock L over R, recover R
7,8 Step L to left, hitch R knee and twist upper body slightly to right
Restart Wall 3, facing [6:00]

[17-24] 1/4 left cross shuffle, 1/4 left turn arc shuffle, rocking chair

1&2 Cross R over L, step L to left, 1/4 left turn step R forward [9:00]
3&4 In arc pattern: 1/4 left turn step L forward [6:00], close R, step L [6:00]
5,6 Rock R forward, recover L
7,8 Rock R back, recover L

[25-32] 1/2 left turn back shuffle, rock recover, 1/4 right turn left chasse, rock recover

1&2 1/4 left turn step R to right [3:00], close L, 1/4 left turn step R back [12:00]
3,4 Rock L back, recover R
5&6 1/4 right turn step L to left [3:00], close R, step L to left [3:00]
7,8 Rock R back, recover L

Restart Wall 3 after 16 counts: Start at [6:00], restart dance facing [6:00]

Restart/Step change Wall 10: Start at [12:00]. After count 10: Continue to sweep L from front to back (count 11), step L behind R (count 12), and restart dance facing [12:00]

Ending: Wall 12 start at [3:00]. After count 24 [9:00] make 3/4 turn left.

1,2 1/2 turn left step R back, 1/4 turn left step L to side [12:00]

Contact the choreographers with your questions: brenshatto@yahoo.com; barbara.tobin@yahoo.com
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