

Lonely For Two (P)

COPPERKNOB
BY SHEETS

拍数: 64

墙数: 0

级数: Danse de partenaires - Débutant /
Intermédiaire



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音乐: Lonely for You Only - Midland

Position sweetheart LOD

Intro : 32 comptes , pas identiques

Danse de partenaires Débutant- Intermédiaire – 64 comptes

H: is for man F: is for woman FW: is forward

[1-8] 1/4 Turn, Touch, Side Shuffle 1/4 Turn, Shuffle 1/2 Turn, Shuffle 1/4 Turn

1-2 RF 1/4 turn right, touch LF beside OLOD

3&4 Shuffle 1/4 turn left LRL LOD

Drop left hands, pass right arms over lady's head

Take left hands in front of lady

5&6 Shuffle back 1/2 turn to left RLR RLOD

Drop right hands and pass left arms over lady's head, take right hands in indian position.

7&8 Shuffle 1/4 turn to left LRL OLOD

[9-16] Cross Rock, Shuffle 1/4 Turn, Step Pivot 1/4 Turn, Cross Shuffle

1-2 RF cross rock over LF, recover on LF OLOD

3&4 Shuffle 1/4 turn to right RLR LOD

Drop right hands again and pass left arms over lady's head

5-6 LF fw. pivot 1/4 turn to right, RF side right ILOD

Lady behind man, join right hands to waste level

7&8 LF cross over RF, RF side right, LF cross over RF

[17-24]

H: Side, Behind, Shuffle 1/4 Turn, Walk x2, Shuffle FW

F: Side, Behind, Shuffle 1/4 Turn, 1/2 Turn x 2, Shuffle FW

1-2 RF to side right, LF behind RF

3&4 Shuffle 1/4 turn to right RLR LOD

Drop left hands, pass right arms over lady's head

5-6 H : LF forward, RF forward.

F : LF 1/2 turn back to right, RF forward 1/2 turn to right LOD

Take left hands back in sweetheart position.

7&8 Shuffle FW LRL LOD

Restart : at this point during the third routine

[25-32]

H: Rock Step FW, Shuffle 1/2 Turn, Rock Step, Shuffle 1/2 Turn

F: Rock Step FW, Shuffle 1/2 Turn, Pivot 1/2, Shuffle FW 1-2 RF rock FW, recover on LF

3&4 Shuffle 1/2 turn to right RLR RLOD

Pass left arms over lady's head

left hands crossing over right hands

5-6 H : LF rock FW, recover back on RF

F: LF forward pivot 1/2 turn to right, RF forward LOD

7&8 H : Shuffle 1/2 turn to left LRL LOD

F: Shuffle FW LRL

[33-40]

H : Walk x2, Shuffle FW, 1/4 Turn x2, Triple Step 1/4 Turn

F: (1/4 Turn x 2), Shuffle Back, Rock 1/4 Turn, Triple Step 1/4 Turn

Lift arms over lady's head, bring them back down in window position

- 1-2 H : RF forward, LR forward
F: RF FW 1/4 turn to right, LF back 1/4 turn to right RLOD
- 3&4 H : Shuffle FW RLR
F: Shuffle back RLR
- 5-6 H : LF FW 1/4 turn to right, RF FW 1/4 turn to right
F: LF rock back 1/4 turn to right
- 7&8 Triple step 1/4 turn to right LRL. Man : ILOD Lady : LOD

[41-48]

H : Rock FW 1/4 Turn, Shuffle Back Rock, Shuffle FW

F: Pivot 1/2 Turn, Shuffle Back 1/2 Turn, Back Rock, Shuffle FW

Drop left hands to release window

- 1-2 H : RF rock FW 1/4 turn to right, LF back LOD
F: RF FW pivot 1/2 turn to left, LF FW RLOD

Pass right arms over lady's head, back in sweetheart position

- 3&4 H : Shuffle back RLR LOD
F: Shuffle back 1/2 turn to left RLR LOD
- 5-6 H : LF rock back, recover RF FW
F : LF rock back, recover RF FW
- 7&8 H : Shuffle FW LRL
F : Shuffle FW LRL

[49-56] Side, Together, Shuffle FW, Side, Together, Shuffle Back

- 1-2 RF to right, LF beside
- 3&4 Shuffle FW RLR
- 5-6 LF to left, RF beside
- 7&8 Shuffle back LRL

[57-64]

H: Rock Back, Shuffle FW, Rock FW, Shuffle Back

F: Rock Back, Shuffle 1/2 Turn, Back Rock, Shuffle 1/2 Turn

- 1-2 RF rock back, recover FW on LF

Pass right arms over lady's head, do not drop hands

- 3&4 H : Shuffle FW on RLR
F: Shuffle back 1/2 turn to left RLR RLOD
- 5-6 H : LF rock FW, recover back on RF
F: LR rock back, recover FW on RF

Pass right arms over lady's head, do not drop hands, back in Sweetheart

- 7&8 H : Shuffle back LRL
F : Shuffle 1/2 turn to right, LRL LOD

Restart: at 3rd routine after 24 first counts, restart at beginning
