

# Lonely

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Lonely - Akon



## INTRO : 32 count - No TAG & Restart

### S I. STEP BACK - PONY STEP - COUSTER STEP - SIDE TOGETHER - CROSS SHUFFLE

1 - 2            Step back R , L  
3 & 4            Step R back , step L in place , step R in place  
5 & 6            step L back , step R together, step L forward  
7 &              Step R to side , step L beside R  
8 & 1            Cross R over L , step L side ,cross R over L

### S II. 1/4 TURN L - 1/2 L BACK SHUFFLE - COUSTER STEP - FORWARD SHUFFLE

2                1/4 Turn L step L forward (9:00)  
3 & 4            1/2 Turn L step R back, cross L front R, step R back (3:00)  
5 & 6            Step L back, step R together, step L forward  
7 & 8            Step R diagonal forward, lock L behind R , step R forward ( 4:30)

### S III. LOCK HITCH - STEP FORWARD 1/8 TURN L CROSS R - HIPS BUMP - PUSH CHEST

&1 - 2            Step L forward diagonal (1:30), step R behind with hitch L, step L forward  
3 & 4            step R forward , 1/8 turn L step L in place, cross R over L ( 12:00)  
5 - 6            Touch L diagonal forward with hips bump down and Up  
7 & 8            Push your chest

### S IV. SYNCOPATED 1/4 TURN L - PIVOT 1/2 L - BRUSH - TWIST HEELS

&1&2            step ball L beside R, cross R over L - step L to side ,step R behind L  
3                1/4 turn L step L forward ( 9:00)  
4 & 5            step R forward, 1/2 pivot L step L in place, step R forward (3:00)  
& 6              Brush L , step L forward  
7 & 8            twist heels together forward and back to center L,R,L

## HAVE FUN & ENJOY

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