

Mrs Lonely

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Improver
编舞者: Alexis Strong (UK) & Claire Bell (UK) - October 2024
音乐: Mrs. Lonely - Nathan Wilson



Start On Word LITTLE approx. 10 Secs

[1-8] R SIDE TOGETHER, R CHASSE, CROSS ROCK RECOVER , 1/4 TURN SHUFFLE

1-2 Step R To R (1), step L next to R (2)
3&4 Step R to R side(3), step L next to R (&), Step R to R side (4)
5-6 Cross rock L over R (5), recover weight on R (6)
7&8 Step forward on L making 1/4 Turn L (7), step R next to L (&), step forward on L (8) 9:00

[9-16] STEP R FWD, 1/2 TURN, SHUFFLE BACK, BACK ROCK, RECOVER, FULL TURN R, (SIMPLE OPTION WALK FWD L, R)

1-2 Step forward on R (1), step back on L making 1/2 turn R (2)
3&4 Step back on R (3), step L next to R (&), step back on R (4) 3:00
5-6 Rock back on L (5), recover weight on R (6)
7-8 Step back on L making 1/2 turn R (7), step forward on R making 1/2 turn R (Travelling Fwd)
(8) 3:00

(Or Walk L Walk R)

[17-24] L FWD ROCK, L SIDE ROCK, L BACK ROCK, PIVOT 1/4 TURN R.

1-2 Rock forward on L (1), recover weight on R (2)
3-4 Rock L to L side (3), recover weight on R (4)
5-6 Rock back on L (5), recover weight on R (6)
7-8 Step forward on L (7), pivot 1/4 turn R (weight on R) (8) 6:00

[25-32] WEAWE, CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE.

1-2 Cross L over R (1), step R to R side (2)
3-4 Cross L behind R (3), step R to R side (4)
5-6 Cross rock L over R (5), recover weight on R (6)
7&8 Step forward on L making 1/4 turn L(7), step R next to L (&), step forward on L (8) 3:00
*RESTART

R* HERE ON WALLS 3&5

[33-40] SIDE HEEL BOUNCE, SIDE HEEL BOUNCE, SIDE 1/4 TURN L, HOOK, L SHUFFLE FORWARD

1&2 Step R to R side (Dip Down) (1), raise and swivel L heel in (&), drop L heel (2)
3&4 Step L to L side (dip down) (3), raise and swivel R heel in (&) drop R heel (4)
5-6 Step R to R side (5), making a 1/4 turn L hook L above R (6) 12:00
7&8 Step forward on L (7), step R next to L (&), step forward on L(8)

[41-48] STEP 1/4 PIVOT TURN, CROSS R SHUFFLE, L SIDE ROCK, RECOVER, BEHIND SIDE CROSS

1-2 Step forward on R (1), pivot 1/4 turn L (weight on L) (2) 9.00
3&4 Cross R over L (3), step L to L side (&), cross R over L (4)
5-6 Rock L to L side (5), recover weight on R (6)
7&8 Cross L behind R (7), Step R to R side (&), cross L over R (8) 9:00

***RESTARTS ON WALL 3&5 AFTER 32 COUNTS**

END DANCE ON WALL 7 AFTER COUNT 24 & CROSS L OVER R 12:00

ENJOY

Last Update: 2 Oct 2024
