

Lonely Diggin'

COPPER KNOB
BY STEPHEN

拍数: 96 墙数: 2 级数: Phrased Advanced
编舞者: Kaitlyn McGuire (USA) - January 2025
音乐: Lone Digger - Caravan Palace



DANCE BEGINS 9 COUNTS OF 8 INTO THE SONG, WHEN LYRICS START ("Hey brother...")

SEQUENCE - A, B, C, C, A, B, Tag, C, A, B*, C, C

*NOTE: Sections A and B are mirrored :)

SECTION A: 32 COUNTS

A[1-8] DRAG AROUND w/ FLEXED FOOT, STEP CROSSOVER, DRAG SIDE 1:30, STEP BEHIND, PREP, INSIDE TURN w/ PRESS STOP x2

- 1, 2 Step R forward 12:00 with L leg sweeping around with foot flexed, step cross L over R
3, 4, & Step R foot to 4:30 - shoulders facing 1:30 - drag L leg extended straight pointing to 10:30, Step L behind R, Step R to 4:30 on bent knee
5, 6, 7, 8 Bring L foot to R ankle while completing one rotation towards R shoulder, Tap L foot out to 10:30 to stop rotation, Bring L foot to R ankle while completing one rotation towards R shoulder, Tap L foot out to 10:30 to stop rotation

A[9-16] BRUSH OUT, MODIFIED JAZZ BOX 1/8 TURN 12:00, SCUFF JUMP OUT, HEEL TOE CRAWL IN, HITCH R KNEE

- 1, 2, 3, 4 Brush L leg out, Step cross L foot over R foot, Step R foot 1/8 turn back to face 12:00, Step L foot to L side
5, &, 6 Scuff R heel with jump into air with both feet, Land R foot to R side, Land L foot to L side
7, &, 8 Rotate R heel in 45° to L foot, Rotate R toe 45° to L foot, Hitch R knee

A[17-24] STEP OUT TO 1:30, SWING FORWARD, SWING BACK WITH CHUG BACKWARDS, STEP CROSS BEHIND, BOUNCE x4 w/ 1/2 TURN UNWIND TO 6:00

- 1, 2, 3, & Step R foot to 1:30, Swing L leg through and forward towards 1:30, Swing L leg through and back towards 7:30 using momentum to also chug backwards on R leg towards 7:30

(covering as much distance as possible), Complete chug while still on R foot

- 4, & Step L foot to L side facing 12:00, Step R foot behind L foot splitting weight evenly
5, 6, 7, 8 "Bounce" bending knees four times, each with 1/8 rotation, to slowly face 6:00 with R foot crossed in front of L foot

A[25-32] 1/2 PIVOT, 1/2 PIVOT STEP TOGETHER, SCUFF JUMP OUT, HEEL TOE CRAWL IN, HITCH L KNEE

- 1, 2 Step L foot forward 6:00, 1/2 turn over R shoulder to face 12:00
3, 4 Step L foot forward 12:00, 1/2 turn over R shoulder stepping R foot to center next to L foot
5, &, 6 Scuff L heel with jump into air with both feet, Land L foot to L side, Land R foot to R side
7, &, 8 Rotate L heel in 45° to R foot, Rotate L toe 45° to R foot, Hitch L knee

SECTION B: 32 COUNTS

B[1-8] DRAG AROUND w/ FLEXED FOOT, STEP CROSSOVER, DRAG SIDE 10:30, STEP BEHIND, PREP, INSIDE TURN w/ PRESS STOP x2

- 1, 2 Step L forward 12:00 with R leg sweeping around with foot flexed, step cross R over L
3, 4, & Step L foot to 7:30 - shoulders facing 10:30 - drag R leg extended straight pointing to 1:30, Step R behind L, Step L to 7:30 on bent knee
5, 6, 7, 8 Bring R foot to L ankle while completing one rotation towards L shoulder, Tap R foot out to 1:30 to stop rotation, Bring R foot to L ankle while completing one rotation towards L shoulder, Tap R foot out to 1:30 to stop rotation

B[9-16] BRUSH OUT, MODIFIED JAZZ BOX 1/8 TURN 6:00, SCUFF JUMP OUT, HEEL TOE CRAWL IN,

HITCH L KNEE

- 1, 2, 3, 4 Brush R leg out, Step cross R foot over L foot, Step L foot $\frac{1}{8}$ turn back to face 6:00, Step R foot to R side
- 5, &, 6 Scuff L heel with jump into air with both feet, Land L foot to L side, Land R foot to R side
- 7, &, 8 Rotate L heel in 45° to R foot, Rotate L toe 45° to R foot, Hitch L knee

B[17-24] STEP OUT TO 10:30, SWING FORWARD, SWING BACK WITH CHUG BACKWARDS, STEP CROSS BEHIND, BOUNCE x4 w/ $\frac{1}{2}$ TURN UNWIND TO 12:00

- 1, 2, 3, & Step L foot to 10:30, Swing R leg through and forward towards 10:30, Swing R leg through and back towards 4:30 using momentum to also chug backwards on L leg towards 4:30 (covering as much distance as possible), Complete chug while still on L foot
- 4, & Step R foot to R side facing 12:00, Step L foot behind R foot splitting weight evenly
- 5, 6, 7, 8 "Bounce" bending knees four times, each with $\frac{1}{8}$ rotation, to slowly face 12:00 with L foot crossed in front of R foot

B[25-32] $\frac{1}{2}$ PIVOT, $\frac{1}{2}$ PIVOT STEP TOGETHER, SCUFF JUMP OUT, HEEL TOE CRAWL IN, HITCH R KNEE

- 1, 2 Step R foot forward 12:00, $\frac{1}{2}$ turn over L shoulder to face 6:00
- 3, 4 Step R foot forward 6:00, $\frac{1}{2}$ turn over L shoulder stepping L foot to center next to R foot
- 5, &, 6 Scuff R heel with jump into air with both feet, Land R foot to R side, Land L foot to L side
- 7, &, 8 Rotate R heel in 45° to L foot, Rotate R toe 45° to L foot, Hitch R knee

***SUBSTITUTE STEPS FOR COUNTS 29-32 IN SECTION B WITH STEPS FOR COUNTS 29-32 IN**

SECTION C (No scuff jump out w/ heel toe crawl in - do double toe heel crawls to L, hitching R knee on count 32 instead)

SECTION C: 32 COUNTS

C[1-8] KICK CROSS OUT x2, ROCK FRONT & BACK, SHIGGY BOP x2

- 1, &, 2, & Kick R foot forward 12:00, Cross R foot over L, Jump onto L foot to L side with R foot flexed, Shift weight back onto R foot
- 3, &, 4, & Kick L foot forward 12:00, Cross L foot over R, Jump onto R foot to R side with L foot flexed, Shift weight back onto L foot
- 5, &, 6 Rock forward onto R foot, Recover onto L, Rock back on R foot
- &, 7, &, 8 Hitch L knee up and back while shooting R heel forward with $\frac{1}{8}$ turn to 1:30, Catch weight behind on L foot, Hitch R knee up and back while shooting L heel forward with $\frac{1}{8}$ turn to 3:00, Catch weight behind on R foot

C[9-16] STEP BACK x2, CHUG FORWARD 3:00 x2, STOMP $\frac{1}{8}$ TURN x2, MODIFIED GRAPEVINE GLIDE

- 1, &, 2, & Step backwards to 10:30 on L foot, Step backwards to 7:30 on R foot (stepping underneath yourself, almost off balance), Chug forward on both feet to 3:00, Chug forward on both feet to 3:00
- 3, 4 Stomp L foot to L side $\frac{1}{8}$ turn to face 4:30, Stomp L foot to L side $\frac{1}{8}$ turn to face 6:00
- 5&6, &, 7&8, & Push R foot slide to 9:00, Slide L into R foot w/ $\frac{1}{2}$ turn R to face 12:00, Push L foot slide to 9:00, Slide R into L foot w/ $\frac{1}{2}$ turn R to face 6:00, Push R foot slide to 9:00, Slide L into R foot w/ $\frac{1}{2}$ turn R to face 12:00, Push L foot slide to 9:00, Shift weight onto L foot

C[17-24] GRAPEVINE WITH HEEL TAP, STEP CROSS UNWIND, STEP OUT x2, SLIDE IN

- 1, &, 2 Step R behind L, Step L to L side, Step R in front of L
- &, 3, &, 4 Step L to L side, Tap R heel to 3:00, Step R foot to R side, Step cross L over R
- &, 5, 6, Step R to R side, Step cross L behind R, Unwind over L shoulder to face 4:30 now with L foot in front of R
- 7, &, 8 Step R foot to R side, Step L foot to L side, Slide both feet into each other for a *click*

C[25-32] SHORTY GEORGE WALKS, DRAG AROUND, DOUBLE TOE HEEL CRAWLS, HITCH R KNEE

- 1&2, &, 3& Step L foot forward & turn knee out, Step R foot forward & turn knee out, Step L foot forward & turn knee out, Step R foot forward & turn knee out, Step L foot forward & turn knee out, Step R foot forward & turn knee out

- 4 Drag L leg around over L shoulder to face 6:00
5&6, &, 7& While moving L towards 3:00 - Point toes outward, Point toes inward, Point toes outward,
Point toes inward, Point toes outward, Bring feet to parallel

TAG: 16 COUNTS

[1-8] STEP DRAG BACKWARDS x4

- 1, 2 Step R foot backwards to 6:00, dragging L foot that is pointed forward to 12:00
3, 4 Step L foot backwards to 6:00, dragging R foot that is pointed forward to 12:00
5, 6 Step R foot backwards to 6:00, dragging L foot that is pointed forward to 12:00
7, 8 Step L foot backwards to 6:00, dragging R foot that is pointed forward to 12:00

[9-16] SWING R LEG OUT, SWING L LEG OUT, TOE HEEL CRAWLS INWARD, HITCH R KNEE

- 1, 2, 3, 4 Swing R leg up, Step R foot to R side, Swing L leg up, Step L foot to L side
5, &, 6, & Crawl both heels in to center, Crawl both toes in to center, Crawl both heels in to center,
Bring toes in to parallel
7, 8 Hitch R knee, Hold

PLEASE REMEMBER TO BREATHE :)
