

# Lonely

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Therese Scharff Stripp & Tenna Stripp Severinsen  
音乐: Lonely - Akon



## RIGHT KICK & CROSS TWICE, ¼ TURN, ¼ TURN, CROSS SHUFFLE

1&2      Kick right diagonally forward (2:00), step slightly back on right. Cross step left over right  
3&4      Kick right diagonally forward (2:00), step slightly back on right. Cross step left over right  
5      Turn ¼ left stepping back on right  
6      Turn ¼ left stepping left to left side  
7&8      Cross right over left, step left slightly to left side, cross right over left

## 2X LEFT KICK BALL CROSS, LEFT ROCK STEP, CROSS SHUFFLE

1&2      Kick left diagonally forward (4:00), step slightly back on left. Cross step right over left  
3&4      Kick left diagonally forward (4:00), step slightly back on left. Cross step right over left  
5-6      Rock left to left side, recover on right  
7&8      Cross left over right, step right slightly to right side, cross left over right

## WALK FORWARD RIGHT, LEFT, WALK BACK RIGHT, LEFT, KNEE POP WITH ¼ TURN, RIGHT PRESS STEP

1-2      Walk forward right, left - shoulder width apart; on right stretch right arm down and slightly out, with palm of hand to front, on left stretch left arm down and slightly out, with palm of hand to front  
3-4      Walk back right, left - shoulder width apart; on right place right palm over heart, on left place left palm on top of right palm over heart  
5&6      Pop right knee out, in, out - on last knee pop "out" turn ¼ turn right, weight on left  
7-8      Press on right with head down, recover on left with both arms stretched up and out

## RIGHT LOCK STEP, LEFT LOCK STEP, RIGHT STEP TURN TWICE

1&2      Step right foot forward, step left behind right, step right foot forward  
3&4      Step left foot forward, step right behind left, step left foot forward  
5-6      Step forward on right, ½ turn left ending with weight on left  
7-8      Step forward on right, ½ turn left ending with weight on left

REPEAT

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