

# Lonely And Blue

**COPPER KNOB**  
STEPSHEETS

拍数: 40                      墙数: 4                      级数: Improver  
编舞者: Pam Dailey (USA)  
音乐: Lonely and Blue - Ronnie Beard



## CROSS TOE STRUT, TOE STRUT ¼ TURN ½ TURN ¼ TURN RIGHT

- 1-2                      Step left foot (toe /ball) over right, place left heel down
- 3-4                      Step right foot (toe/ball) to right side, place right heel down
- 5-6                      Step left over right making ¼ turn to right, turn ½ turn to right place weight on right foot for count 6
- 7-8                      Step left toe forward turning ¼ to right place left heel down for count 8 (you are back facing starting wall)

## RIGHT TOE HEEL CROSS TOE STRUT, LEFT TOE HEEL CROSS TOE STRUT

- 1-2                      Place right toe by left instep, then right heel
- 3-4                      Step right (toe/ball) over left, step heel down
- 4-5                      Place left toe by right instep, then left heel
- 7-8                      Step left (toe/ball) over right, step heel down

## RIGHT SIDE SHUFFLE, ROCK STEP, LEFT SIDE SHUFFLE, ROCK STEP

- 1&2                      Step right to right, step on left, step right
- 3-4                      Rock back on left, forward on right
- 5&6                      Step left to left, step on right, step left
- 7-8                      Rock back on right, forward on left

## STEP ¼ TURN, STEP ½ TURN

- 1-2                      Step right toe forward, place heel down
- 3-4                      Step left toe ¼ turn to left, place heel down
- 5-6                      Step right toe forward, place heel down
- 7-8                      Stepping ½ turn to left on left toe, place heel down

**You should be facing 3:00:00 from beginning wall**

## HIP ROLLS, STEP TOE SLIDE, STEP TOE SLIDE STEP

- 1-2                      With left foot slightly forward rolling hips forward and back
- 3-4                      With left foot slightly forward rolling hips forward and back
- 5-6                      Step left forward, slide right toe beside taking weight
- 7-8                      Step left forward, slide right beside stepping down

## REPEAT

### OPTIONAL:

**Dance will end the third time you face starting wall. Music will slow down while you are executing counts 9-16 (the toe heel crosses). Repeat the toe heel crosses for counts 17-24. Then do the following:**

### 8 COUNT FULL TURN

- 1-2                      Step forward on right
- 3-4                      Then turn ½ turn to left with weight on left
- 5-6                      Step forward on right
- 7-8                      Turn ½ left shifting weight forward on left foot
- 9-16                      Repeat (8 count full turn again)

### LAST 4 COUNTS (HIP ROLLS)

**Your left foot will be forward**

1-3  
&4

Roll hips forward, back, forward  
Roll hips back twice

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