

# Lonely Days

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Improver  
编舞者: Edwin Cheow (MY)  
音乐: Seven Lonely Days (Remix) - Debbie Gee



## STEP RIGHT FORWARD, STEP LEFT FORWARD, STEP RIGHT BACK IN PLACE, STEP LEFT TOGETHER

- 1-2 Step right diagonally forward, hold (push hands up right)
- 3-4 Step left diagonally forward, hold (push hands up left)
- 5-6 Step right back in place, hold (push hands down right)
- 7-8 Step left beside right, hold (push hands down left)

## SIDE TOGETHER, SIDE TOUCH, SIDE TOGETHER, SIDE TOUCH

Rows hands and snap for each 4 steps

- 1-2 Step right to right side, step left together
- 3-4 Step right to right side, touch left beside right
- 5-6 Step left to left side, step right together
- 7-8 Step left to left side, touch right beside left

## FORWARD RIGHT MAMBO, KICK LEFT, LEFT COASTER STEP

- 1-2 Step right forward recover on left
- 3-4 Step right together, hold
- 5-6 Kick left forward, step left back, step right together
- 7-8 Step left forward, hold

## SCISSORS STEP RIGHT, SNAP FINGERS, BOUNCE ¼ TURN LEFT

- 1-2 Step right to right, step left together
- 3-4 Cross right over left, hold (snap fingers)
- 5-6 Bounce twice 1/8 turn
- 7-8 Bounce twice 1/8 turn

## SWIVEL LEFT-RIGHT-LEFT, CLOSE TOGETHER, JUMP/HOLD (HANDS CLOSE LEFT, RIGHT AND OPEN UP TOGETHER)

- 1-2 Skate left right
- 3-4 Skate left, jump and close two feet together
- 5-6 Hold (left hand close forward on chest level, right hand close on left)
- 7-8 Bounce up and down twice (left and right open up, hold/shake up and down twice)

## MAMBO LEFT, HOLD, MAMBO RIGHT, HOLD (HANDS DO THE MAMBO)

- 1-2 Step left to left, recover
- 3-4 Step left together, hold
- 5-6 Step right to right, recover
- 7-8 Step right together, hold

## APPLEJACKS LEFT 2 TIMES O-C, APPLEJACKS LEFT O-C-O (OPTION: TWIST)

- 1-2 Heels together and toes apart, hold (clap)
- 3-4 Toes together and heels apart, hold (clap)
- 5-6 Heel together, toes together
- 7-8 Heels together, hold (clap)

## BOUNCE LEANING SHOULDER RIGHT, BOUNCE LEANING SHOULDER LEFT

- 1-4 Bounce 4 times leaning shoulder to the right (clap/snap)

5-8 Bounce 4 times leaning shoulder to the left (clap/snap)

**REPEAT**

**TAG 1**

**Starting of 3rd wall**

1-4 Cross left leg behind right, ½ turn left back to 1st wall

**TAG 2**

**Starting of 8th wall**

1-2 Step right diagonally forward, hold (push hands up right)

3-4 Step left diagonally forward, hold (push hands up left)

5-8 Walk back 4 steps (throw hands down 4 times)

---