

# 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)

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