

# Lonely Long

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Barbara Jagusch (USA)  
音乐: She Won't Be Lonely Long - Lee Roy Parnell



## ROCK-STEP - ROCK'N'CROSS - ROCK-STEP - ROCK'N'CROSS

- 1 Rock right foot to right side
- 2 Step left foot in place
- 3 Rock back on right foot at 45 degrees angle
- & Step left foot next to right foot
- 4 Cross right foot over left foot
- 5 Rock left foot to left side
- 6 Step right foot in place
- 7 Rock back on left foot at 45 degrees angle
- & Step right foot next to left foot
- 8 Cross left foot over right foot

## ¼ TURNING SHUFFLE - ROCK-STEP - CROSSING SHUFFLE - ROCK-STEP

- 9 Turning ¼ right, step on right foot
- & Step left foot next to right foot
- 10 Step forward on right foot
- 11 Rock left foot to left side
- 12 Step right foot in place
- 13 Cross left foot over right foot
- & Step right foot in place
- 14 Cross left foot over right foot
- 15 Rock right foot to right side
- 16 Step left foot in place

## CROSSING SHUFFLE - ¼ TURN - HOOK - SHUFFLE - ROCK-STEP

- 17 Cross right foot over left foot
- & Step left foot in place
- 18 Cross right foot over left foot
- 19 Turn ¼ turn right stepping back on left foot
- 20 Hook right foot in front of left knee
- 21&22 Shuffle forward right, left, right
- 23 Rock forward on left foot
- 24 Rock back on right foot

## ¾ TURN - STEP'N CROSS - ROCK-STEP - STEP-PIVOT TURN

- 25-26 ¾ turn left stepping left foot, right foot
- 27 Step back on left foot
- & Step back on right foot
- 28 Cross left foot over right foot
- 29 Rock back on right foot
- 30 Rock forward on left foot
- 31 Step forward on right foot
- 32 Pivot ½ turn left transferring weight to left foot

**REPEAT**

