

# Lonely No More

COPPER KNOB  
BY STEPHEN BRETZ

拍数: 32      墙数: 4      级数: Intermediate/Advanced  
编舞者: Kerry Hughes (AUS)  
音乐: Lonely No More - Rob Thomas



## LEFT CROSS, AND, CROSS, AND, CROSS, SWEEP STEP RIGHT QUARTER TURN LEFT, LEFT SAILOR ½ OVER RIGHT, RIGHT SAILOR ½ OVER RIGHT, AND

- 1&2&      Cross step left over right, step right slightly behind left, cross step left over right, step right slightly behind left,  
3          Cross step left over right (counts 1-3 travel slightly forward on diagonal towards 2:00)  
4          Sweep right over left turning ¼ left (9:00)  
5&6      Step back on left, step right beside left turning ¼ right, step back on left turning ¼ right (left sailor ½) (3:00)  
7&8&      Step back on right, step left beside right turning ¼ right, step forward on right turning ¼ right (9:00), step left next to right

## FORWARD RIGHT, BACK LEFT, HOOK RIGHT, RIGHT TRIPLE TURN FORWARD, STEP LEFT NEXT TO RIGHT, RIGHT TOE BEHIND, PIVOT ½, STEP RIGHT NEXT TO LEFT, CROSS, POINT RIGHT, CROSS, POINT LEFT

- 1-2&      Step forward on right, rock step back on left, hook right in front of left  
3&4&      Full turn forward over right stepping right-left-right, step left next to right  
5-6      Right toe behind left, pivot ½ over right weight left (3:00), step right next to left  
7&8&      Cross step left over right, point right to right side, cross step right over left, point left to left side (moving forward) ##

## LEFT CROSS, AND, CROSS, AND, CROSS, POINT RIGHT, RIGHT SAILOR, AND, RIGHT CROSS, AND, CROSS, AND

- 1&2&      Cross step left over right, step back on right, cross step left over right, step back on right (travel back on diagonal facing 5:00)  
3-4      Cross step left over right, point right toe to right side (straighten to 3:00 wall with point)  
5&6&      Step right behind left, step left to left side, step right to right side (right sailor), step left next to right  
7&8      Cross step right over left, step left slightly behind right, cross step left over right (travel forward on slight diagonal facing 2:00)  
&          Step left next to right (straighten to 3:00 wall)

## SIDE RIGHT, SIDE LEFT, RIGHT SIDE TURNING ¼ RIGHT, VINE RIGHT (CROSSING LEFT, SIDE, BEHIND, SIDE), LEFT SIDE, RIGHT SIDE, ¼ BACK ON LEFT, PIVOT ½ OVER RIGHT, FORWARD LEFT, FORWARD RIGHT

- 1&2      Step right to right side, step left to left side, step right to right side turning ¼ turn over right (6:00)  
3&4&      Cross step left over right, step right to right side, cross step left behind right, step right to right side (vine right)  
5-6      Step left to left side, step right to right side  
7&      Step back on left turning ¼ right, pivot ½ over right stepping forward on right, (3:00)  
8&      Step forward left, step forward right

## REPEAT

## TAG

### Occurs at the end of wall 1

- 1&2&      Step forward left toe, drop heel, step forward right toe, drop heel  
3&4&      Step back left toe, drop heel, step back right toe, drop heel

**RESTART**

**Walls 3 and 6 are short walls. Dance first 16 and ½ counts then restart**

---