

# Lonesome Tonight

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Myriam Charlton (CAN)  
音乐: Are You Lonesome Tonight? - Bryan Ferry



## **SIDE, HOLD, ROCK LEFT, RIGHT, LEFT, HOLD, ½ TURN RIGHT, 2 STEPS FORWARD**

- 1-2 (S) Step right foot to right side and hold
- 3-4 (QQ) Shift weight to left side onto left foot, shift weight to right side onto right foot
- 5-6 (S) Shift weight to left side on to left foot and hold
- 7-8 (QQ) Pivot ½ turn right and make a long step forward with right foot, make a long step forward with left foot

## **STEP RIGHT FORWARD, HOLD, 1 ½ PROGRESSIVE TURN LEFT, STEP LEFT, HOLD, 2 STEPS DIAGONAL RIGHT**

- 1-2 (S) Step right foot forward angling toes slightly to the right and hold
- 3-4 (QQ) Step back on left foot, pivot ½ turn to the left, step forward on right foot pivot 1 full turn to the left, a total of 1 ½ turn
- 5-6 (S) Step left foot to left side and hold
- 7-8 (QQ) Step right foot forward diagonal right, step left foot next to right

## **STEP DIAGONAL RIGHT, HOLD, CROSS, STEP BACK, SIDE LEFT, HOLD, FULL TURN TO LEFT**

- 1-2 (S) Step right foot to diagonal right and hold
- 3-4 (QQ) Cross & step left foot over right, step back on right
- 5-6 (S) Step left foot to left side, and hold
- 7-8 (QQ) Cross right over left while turning a full turn to left, step left foot to left side

## **CROSS, HOLD, TWINKLE ¼ RIGHT, RONDE ¼ LEFT**

- 1-2 (S) Cross and step right foot over left foot and hold
- 3-4 (QQ) Step left foot to left side turning ¼ turn to right, step right foot next to left
- 5-6 (S) Step left foot forward and across right foot and hold
- 7-8 (QQ) Sweep right foot into a ronde, while pivoting ¼ turn left

**Weight is on left foot**

## **BACK, SIDE, TOGETHER, STEP FORWARD, ROCK RIGHT WITH ¼ TURN LEFT, RECOVER ¼ TURN RIGHT**

- 1-2 (S) Step right foot back and hold
- 3-4 (QQ) Step left foot to left side, step right foot next to left foot
- 5-6 (S) Step left foot forward and hold
- 7-8 (QQ) Press on ball of right foot angling body ¼ turn to the left, recover by shifting weight back on left foot angling ¼ turn to the right

## **STEP ¼ TURN RIGHT, SWIVEL ½ LEFT, SWIVEL ½ RIGHT, ROCK LEFT FORWARD, PROGRESSIVE FULL TURN TO LEFT - RIGHT, LEFT, RIGHT, LEFT**

- 1-2 (S) Step right foot forward turning ¼ to right and hold
- 3-4 (QQ) Swivel left foot to left turning ½ turn to left, swivel right foot to right side turning ½ turn to right
- 5-6 (S) Step left foot forward
- 7&8& (Q&Q&) Step right foot back turning ½ turn to left, step left foot forward, step right foot forward turning ½ turn to left, step left foot back

**Styling: bring right arm over head, hair brushing motion during this turn**

## **BEND, STRETCH, BEND, RIGHT FAN KICK ¼ TURN RIGHT, ROCK BACK RIGHT, RECOVER LEFT**

- 1-2 (S) Bend both knees, lifting right heel off the floor and hold  
3-4 (QQ) Keeping feet in same position, stretch knees, bend knees  
5-6 (S) Extend RIGHT leg up and kick while making a circular sweep into  $\frac{1}{4}$  turn to the right  
**Styling: both arms and down during the fan kick**  
7-8 (QQ) Rock back on right foot, recover on left foot

**STEP RIGHT FORWARD, FULL TURN TO RIGHT, ROCK LEFT FORWARD, ROCK RIGHT BACK,  $\frac{1}{4}$  TURN LEFT, DRAG LEFT**

- 1-2 (S) Step right foot forward, and hold  
3-4 (QQ) Step left foot forward turning  $\frac{1}{4}$  turn to right, step right next to left foot and pivot  $\frac{3}{4}$  turn to right to complete a full turn  
5-6 (S) Step left forward and hold  
7-8 (QQ) Rock back on right foot turning  $\frac{1}{4}$  turn to the left, make a long step on left foot to left side

**Start again by shifting weight on right with a hip motion**

**REPEAT**

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