

Lonesome You

COPPER KNOB
STEPPERS

拍数: 0 墙数: 1 级数:
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音乐: Oh Lonesome You - Trisha Yearwood



Sequence: ABAAA

PART A

HEEL HOOK & FLICK & HOOK & HOOK; TRIPLE STEP; ROCK STEP

- 1 Touch right heel forward
- & Hook right heel across left knee
- 2 Touch right heel forward
- & Flick right heel back and out to right side
- 3 Touch right heel forward
- & Hook right heel across left knee
- 4 Touch right heel forward
- & Hook right heel across left knee
- 5 Step right foot forward (12:00)
- & Step left foot close to right foot
- 6 Step right foot forward (12:00)
- 7 Rock step left foot forward (12:00)
- 8 Recover step back to right foot in place (6:00)

LEFT SAILOR TRIPLE; RIGHT SAILOR TRIPLE; SKIP FORWARD & ROCK

- 1 Step left foot diagonally crossing behind right foot (4:30)
- & Step right foot close to left foot
- 2 Step left foot diagonally forward (10:30)
- 3 Rotating slightly right, step right foot diagonally crossing behind left foot (7:30)
- & Step left foot close to right foot
- 4 Rotating $\frac{1}{4}$ right, step right foot forward (3:00)
- & Lifting left knee up, forward, and out, hop slightly off right foot, scooting forward
- 5 Step left foot forward and slightly across right foot
- & Lifting right knee up, forward, and out, hop slightly off left foot, scooting forward
- 6 Step right foot forward and slightly across left foot
- & Lifting left knee up, forward, and out, hop slightly off right foot, scooting forward
- 7 Step left foot forward and slightly across right foot
- & Lifting right knee up, forward, and out, hop slightly off left foot, scooting forward
- 8 Rock step right foot forward and slightly across left foot (1:30)

RECOVER & SKIP BACKWARD; COASTER TRIPLE; RIGHT BRUSH HOP STEP

- 1 Recover step back to left foot in place (7:30)
- & Lifting right knee up, backward, and out, hop slightly off left foot, scooting backward
- 2 Step right foot backward and slightly behind left foot
- & Lifting left knee up, backward, and out, hop slightly off right foot, scooting backward
- 3 Step left foot backward and slightly behind right foot
- & Lifting right knee up, backward, and out, hop slightly off left foot, scooting backward
- 4 Step right foot backward and slightly behind left foot
- 5 Step left foot backward (9:00)
- & Step right foot close to left foot
- 6 Step left foot forward (3:00)
- 7 Brush right foot forward and up, scooting on left foot

- & Hop up on left foot, rotating $\frac{1}{4}$ to left
- 8 Push step right foot to right side (3:00, facing 12:00)

LEAN & HITCH; LOCKED TRIPLE STEP; DOUBLE CHAÎNÉ; PUSH SIDE & HOLD

- 1 With left toe pointed to left side, rotating $\frac{1}{4}$ to left to face 9:00, lean back, lifting straight left leg off ground
- 2 Bringing body back upright, bend left knee up, preparing to take forward step
- 3 Step left foot forward (9:00)
- & Step right foot close to lock behind left foot
- 4 Step left foot forward (9:00)
- 5 Rotating $\frac{1}{4}$ to left, step right foot close to left foot
- & Rotating $\frac{3}{4}$ left, step left foot slightly forward (9:00)
- 6 Rotating $\frac{1}{4}$ to left, step right foot close to left foot
- 7 Rotating $\frac{1}{2}$ to left, push step left foot to left side (9:00, facing 12:00)
- 8 Hold

RIGHT LEADING SYNCOPATED GALLOPS; LEFT LEADING SYNCOPATED GALLOPS

- 1 Step right foot diagonally forward (1:30)
- & Step left foot close to right foot
- 2 Step right foot diagonally forward (1:30)
- & Step left foot close to right foot
- 3 Step right foot diagonally forward (1:30)
- & Step left foot close to right foot
- 4 Step right foot diagonally forward (1:30), rotating $\frac{1}{4}$ to left (facing 6:00)
- 5 Step left foot diagonally forward (4:30)
- & Step right foot close to left foot
- 6 Step left foot diagonally forward (4:30)
- & Step right foot close to left foot
- 7 Step left foot diagonally forward (4:30)
- & Step right foot close to left foot
- 8 Step left foot diagonally forward (4:30)

SKIPPING JAZZ BOX & BACK; CROSS, KICK BACK, BRUSH, KNEE LIFT, CROSS STEP

- & Rotating $\frac{1}{8}$ left to face 3:00, lifting right knee up and out, hop slightly off left foot
- 1 Step right foot crossing in front of left foot (12:00)
- & Lifting left knee up and out, hop slightly off right foot
- 2 Step left foot backward (9:00)
- & Lifting right knee up and out, hop slightly off left foot
- 3 Step right foot to right side (6:00, facing 3:00)
- & Rotating $\frac{1}{2}$ to right, lifting left knee up and out, hop slightly off right foot
- 4 Step left foot to left side (6:00, facing 9:00)
- & Rotating $\frac{1}{4}$ to right, lifting right knee up and out, hop slightly off left foot
- 5 Turn body $\frac{1}{8}$ to right to face 1:30, step right foot back (6:00)
- 6 Step left foot back crossing and locking in front of left foot
- & Kick left leg and toe backward
- 7 Brush right foot forward
- & Lift right knee up, forward, and across body
- 8 Step right foot across in front of left foot (9:00, facing 12:00)

TWIST TO CLOSE; COASTER TRIPLE; HEEL BALL STEP; HEEL BALL STEP

- 1 With weight on balls of both feet, begin twist turn, rotating $1 \frac{1}{8}$ to left
- 2 Continue twist turn, weighting right foot, drawing left foot close to face 10:30
- 3 Step left foot diagonally back (4:30)
- & Step right foot close to left foot

- 4 Step left foot diagonally forward (10:30)
- 5 Bending left knee, touch right heel diagonally forward (10:30)
- & Straightening left knee, drawing right foot slightly back, step forward (10:30)
- 6 Step left foot forward (10:30)
- 7 Bending left knee, touch right heel diagonally forward (10:30)
- & Straightening left knee, drawing right foot slightly back, step forward (10:30)
- 8 Step left foot forward (10:30)

STOMP & HOLD; SIDE COASTER TRIPLE; BACKWARD POINT SCOOTERS; BACK STEPS

- 1 Stomp right foot forward (10:30)
- 2 Hold
- 3 Step left foot diagonally to left side (9:00)
- & Rotating 1/8 to right to face 1:30, step right foot close to left foot
- 4 Step left foot diagonally across in front of right foot (3:00, facing 1:30)
- & Lifting right knee up behind left leg, hop slightly off left foot, scooting backward
- 5 Re-weight the left foot, touching the right toe down
- & Lifting right knee up behind left leg, hop slightly off left foot, scooting backward
- 6 Re-weight the left foot, touching the right toe down
- & Lifting right knee up behind left leg, hop slightly off left foot, scooting backward
- 7 Step right foot back (6:00)
- 8 Step left foot back (6:00)

PART B

RIGHT SAILOR TRIPLE; HOP-KICKS; BACK STEP; HEEL TWIST TURN

- 1 Rotating slightly right, step right foot diagonally crossing behind left foot (7:30)
 - & Step left foot close to right foot
 - 2 Rotating 1/8 right, step right foot forward (1:30)
 - & Lifting left leg up, bending left knee, hop slightly off right foot
 - 3 Straightening left knee, kick left leg forward (1:30)
 - & Lifting left leg up, bending left knee, hop slightly off right foot, rotating ¼ to left to face 10:30
 - 4 Straightening left knee, kick left leg forward (10:30)
 - & Lifting left leg up, bending left knee, hop slightly off right foot
 - 5 Step left foot slightly back (4:30), keeping weight on both feet
 - 6 Hold
 - 7 Transferring weight to the heels of both feet, begin twist turn, rotating left
 - 8 Both continue twist turn, rotating to 3:00, weighting left foot, drawing right foot close to face 12:00
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