

Mr. Lonely

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Marilyn Griffin (UK)
音乐: Mr. Lonely (Hex Mac Mix) - Deborah Cox



STEP TOUCH & HEEL & STEP, STEP TOUCH & HEEL & STEP

- 1-2 Step forward on right, touch left to right heel
&3&4 Step back on left, right heel forward, step right in place, step forward on left
5-8 Repeat steps 1-4 (you will be moving forward on this section)

ROCK, ½ TURN, RIGHT SHUFFLE, FULL TURN, LEFT SHUFFLE (FULL TURN CAN BE REPLACED BY WALKING LEFT RIGHT)

- 1-2 Rock forward on right, recover weight onto left
3&4 Step right ½ turn (over right shoulder), bring left to meet right, step forward on right
5-6 Step forward on left making a ½ turn, step back on right making a ½ turn to the right

You are now facing 6:00 wall

- 7&8 Step forward on left, bring right to meet left, step forward on left

SIDE ROCK BEHIND SIDE CROSS, SIDE ROCK BEHIND SIDE CROSS

- 1-2 Rock right to right side, recover weight onto left
3&4 Step right behind left, step left to left side, cross right over left
5-6 Rock left to left side, recover weight onto right
7&8 Step left behind right, step right to right side, cross left over right

JAZZ BOX ¼ TURN, RIGHT DIAGONAL DRAG & FLICK, HIP BUMP LEFT RIGHT & FLICK

- 1-4 Step right across left, step back on left, step right to right side making ¼ turn, step forward on left (9:00 wall)
5-6 Step right (long step) forward to right diagonal, drag left towards right a flick behind right
7-8 Step left to left side as you bump hip left, bump hip right transferring weight to right (to the left circular motion), flicking left behind right

SIDE BEHIND AND HEEL AND CROSS, TOUCH, KICK SWEEP ¼ TURN, COASTER STEP

- 1-2&3&4 Step left to left side, step right behind left, step left slightly back and to left and touch right heel diagonally forward, step right in place and cross left over right
5-6 Touch right to left instep and you twist slightly left, twist slightly right as you kick right to right diagonal and sweep right out and around making ¼ turn right (you are now facing 12:00 wall)
7&8 Step back on right, step left next to right, step forward on right

STEP DRAG FLICK, STEP DRAG FLICK, KICK & CROSS, BACK SIDE CROSS

- 1-2 Step left long step to left, drag right towards left and flick right behind left
3-4 Step right long step to right, drag left towards right and flick left behind right
5&6 Kick left to left diagonal, step left in place and cross right over left
7&8 Step back on left, step right to side and cross left over right

SIDE BEHIND AND CROSS HOLD, SIDE BEHIND & ¼ TURN RIGHT, SWIVEL HEELS OUT IN

- 1-2&3-4 Step right to right side, cross left behind right, step right to side and cross left over right, hold
5-6&7&8 Step right to right side, cross left behind right, step right to side making ¼ turn right, step forward on left, swivel heels out in (you are now facing 3:00 wall)

FORWARD LUNGE, STEP BACK ½ TURN, FULL TURN, LEFT SHUFFLE (FULL TURN CAN BE REPLACED BY WALKING LEFT RIGHT)

- 1-2 Lunge forward on right, recover weight onto left

- 3-4 Touch right toe back, make $\frac{1}{2}$ turn (over right shoulder), put weight down onto right (you are now facing 9:00 wall)
- 5-6 Step forward on left, as you make $\frac{1}{2}$ turn, step back on right as you make $\frac{1}{2}$ turn (to the right)
- 7&8 Step forward on left, bring right to meet left, step forward on left (9:00 wall)

REPEAT

ENDING

You will be on section 5 facing front wall. Complete "side behind and heel & cross, touch kick". Remain on front wall and sweep right behind left
