

# Mr. Lonely

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Bill Larson (AUS)  
音乐: Lonely - Akon



## STEP SLIDE SHUFFLE, TURN STEP SLIDE SHUFFLE

1-2      Turning  $\frac{1}{4}$  right step right forward, slide left up beside right (3:00)  
3&4      Step right forward, slide left up beside right step right forward  
5-6      Turning  $\frac{1}{2}$  left step left forward, slide right up beside left (9:00)  
7&8      Step left forward, slide right up beside left step left forward

## SKATE SKATE SHUFFLE, SKATE SKATE SHUFFLE

1-2      Turning  $\frac{1}{4}$  right skate right forward diagonally right, skate left forward diagonally left  
3&4      Shuffle forward diagonally right: right-left-right  
5-6      Skate left forward diagonally left, skate right forward diagonally right  
7&8      Shuffle forward diagonally left: left-right-left

## FORWARD ROCK TURN, CROSS BALL HEEL & CROSS BALL HEEL

1-2      Step right forward, rock back onto left  
3&4      Turning  $\frac{3}{4}$  right triple step on the spot: right-left-right  
5&6      Cross left over right, step right to side, tap left heel diagonally left  
&      Step left beside right  
7&8      Cross right over left, step left to side, tap right heel diagonally right

## & FORWARD ROCK TURN, CROSS BALL HEEL & CROSS BALL HEEL

&1-2      Step right beside left, step left forward, rock back onto right  
3&4      Turning  $\frac{3}{4}$  left triple step on the spot: left-right-left  
5&6      Cross right over left, step left to side, tap right heel diagonally right  
&      Step right beside left  
7&8      Cross left over right, step right to side, tap left heel diagonally left

## & CROSS ROCK & CROSS ROCK, CROSS WEAVE & CROSS ROCK

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

## CROSS ROCK & CROSS ROCK, CROSS WEAVE & CROSS ROCK

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

## & STEP PIVOT & TURN & TURN, BACK ROCK SHUFFLE

&      Turning  $\frac{1}{4}$  left step left forward  
1-2      Step right forward, pivot  $\frac{1}{2}$  turn left weight on left  
&3      Rock back onto right with a  $\frac{1}{2}$  turn left, step left forward (push off left foot)  
&4      Rock back onto right with a  $\frac{1}{2}$  turn left, step left forward (push off left foot)  
&5-6      Rock back onto right, step left back, rock forward onto right

7&8 Shuffle forward: left-right-left

**FORWARD ROCK 1&½ TURN, FORWARD ROCK BALL TURN, FULL TURN**

1-2 Step right forward, rock back onto left with ½ turn right  
3& Step right forward with ½ turn right, step left back with ½ turn right  
4 Step right forward  
5-6 Step left forward, rock back onto right  
& Turning ¼ left step left to side  
7-8 Turning ½ left step right to side, turning ½ left step left to side

**REPEAT**

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