

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
