

Mr. Lonely

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mitchell Burgess (AUS)
音乐: Lonely - Akon



SIDE BEHIND, SIDE CROSS FRONT, SIDE TOUCH, 1 ¼ TURN, FORWARD COASTER

- 1-2&3&4 Step left to left, cross/step right behind left, step left to left, cross/step right over left, step left to left & touch right to right (weight on left)
- 5-6-7&8 Turn ¼ right & step forward right, turn ½ right & step back left, turn ½ right & step forward right, step left beside right, step back right (on counts 5-6, optional 2 ¼ turns-5&6&)

SWEEP BACK, SWEEP BACK SWEEPING COASTER, SAMBA CROSS, SAMBA ¼ RIGHT

- 1-2-3&4 Sweep/step left behind, sweep/step right behind, sweep/step left back, step right beside left, step forward left
- 5&6-7&8 Rock/step right to right, replace weight to left, cross/step right over left, rock/step left to left, turn ¼ right & replace weight to right, step forward left

ROCK RIGHT, ROCK LEFT ½ TURN RIGHT & TOGETHER, ROCK LEFT, ROCK RIGHT, ½ TURN LEFT & TOGETHER, STEP HIPS, HIPS, HIPS, STEP HIPS, HIPS, HIPS

- 1&2-3&4 Rock/step right to right, replace weight to left, hinge ½ turn right & step right beside left (weight right) rock/step left to left, replace weight to right, hinge ½ turn left & step left beside right
- 5&6-7&8 Step forward right, turning body slightly to left 45 & bump hips forward, back, forward step forward left, turning body slightly to r45 & bump hips forward, back, forward

STEP PIVOT ½, STEP, SHUFFLE FORWARD, STEP PIVOT ½, STEP PIVOT ¼, TOGETHER

- 1&2-3&4 Step forward right, pivot ½ turn left, & step forward right, shuffle forward left, right, left
- 5-6&7&8& Step forward right, pivot ½ turn left, step forward right & pivot quick ½ turn left, step forward right & pivot quick ¼ turn left, step right beside left

REPEAT
