

Mr. Lonely

拍数: 32
编舞者: Carina Slijters (NL)
音乐: Lonely - Akon

墙数: 4

级数: Improver west coast swing



WALKS TWICE, SAILOR TURN ½ RIGHT, SAILOR TURN ¼ LEFT, WALKS TWICE

- 1-2 Walk forward right, left
3&4 ½ turn right with your right foot sweep from front to back, after half turn step left foot next to right (&), right foot step forward (4)
5&6 ¼ turn left step left foot backwards, step right next to left, step left forward
7-8 Walk forward right, left

FORWARD, PIVOT ½ LEFT, FORWARD, LOCK STEP, SWEEP WITH ¼ TURN LEFT, CROSS, ¼ AND A ½ TURN RIGHT, FORWARD

- 1&2 Step right forward, ½ turn left, step right forward
3&4 Step left foot forward, lock behind left, step left foot forward
5-6 ¼ turn left with right foot sweep from backwards to front, after sweep cross right over left
7&8 ¼ turn right step left back, ½ turn right step right forward, step left forward

WIZARD OF OZ STEPS, FORWARD ¼ TURN LEFT TWICE

- 1-2& Step right foot diagonal right forward, lock left behind right, step right to right
3-4& Step left foot diagonal left forward, lock right behind left, step left to left
5-6 Step right forward, ¼ turn left
7-8 Step right forward, ¼ turn left

WALKS 2X, ANCHOR STEP, SWEEPS BACKWARD, 1 ½ TURN LEFT

- 1-2 Walk forward right, left
3&4 Step right behind left, left in place, right step back
5-6 Sweep left from front to back (step back), sweep right from front to back (step back)
7&8 ½ turn left step left forward, ½ turn left step right backward, ½ turn left step left forward

Easy option:

- 7&8 Left foot ¼ turn left, step right next to left, left foot ¼ turn left)

REPEAT