

So Lonely

拍数: 32 墙数: 4 级数: Intermediate cha cha
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音乐: Lonely - Akon



SIDE ROCK SWEEP, RIGHT SAILOR, CROSS, SIDE, SAILOR ¼ TURN RIGHT, STEP FORWARD

- 1-2-3 Step left to left side, rock right over left, replace weight back onto left, sweep right from front to back
- 4&5 Step right behind left, step left to left side, step right to right side
- 6-7 Step left across right, step right to right side
- 8&1 Step left behind right, step right ¼ turn right, step left forward

ROCK RECOVER TRIPLE ½ TURN RIGHT, LEFT TRIPLE FORWARD, PIVOT ¼ TURN LEFT

- 2-3 Rock forward onto right foot, recover weight back to left
- 4&5 Step right ¼ turn right, bring left beside right, step right ¼ turn right
- 6&7 Step left forward, bring right beside left, step left forward
- 8-1 Step forward on right pivot ¼ turn left, replace weight onto left

BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE ¼ TURN RIGHT, LEFT FORWARD, PIVOT ½ LEFT

- 2&3 Step right behind left, step left to left side, step right across left
- 4-5 Rock left to left side, replace weight onto right
- 6&7 Step left behind right, step right ¼ turn right, step left forward
- 8&1 Step right forward, pivot ½ turn left, step right forward

LEFT TRIPLE FORWARD, FULL TRIPLE TURN LEFT, FULL TRIPLE TURN RIGHT, STEP FORWARD LEFT

- 2&3 Step left forward, bring right beside left, step left forward
- 4&5 Make ½ turn left stepping back on right, make ½ turn left stepping forward on left, step forward right
- 6&7 Make ½ turn right stepping back on left, make ½ turn right stepping forward on right, step forward left
- 8 Step forward on right

REPEAT
