

I Have Been Lonely

COPPER **NOB**
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Dave Munro (UK)
音乐: I Have Been Lonely - Blake Shelton



SIDE/TOGETHER, SIDE/TOUCH, BALL CROSS, SIDE/BEHIND/¼ TURN RIGHT

1-2 Step left to side, step right beside left
3-4 Step left to side, touch right toe beside left
&5-6 Step (on ball of) right foot beside left, cross step left over right, step right to side
7-8 Step left behind right, turn ¼ right and step right foot forward (3:00)

STEP ½ RIGHT, STEP ¼ RIGHT, LEFT CROSS ROCK/RECOVER, LEFT ROCK SIDE/ RECOVER

1-2 Step left forward, turn ½ turn right (weight to right)
3-4 Step left forward, turn ¼ turn right (weight to right)
5-6 Rock left across right, recover weight onto right
7-8 Rock left to side, recover weight onto right (12:00)

BEHIND, ¼ TURN RIGHT, STEP ¼ RIGHT, LEFT CROSS, HOLD, STEP SIDE, STEP BACK

1-2 Cross left behind right, turn ¼ turn right and step right forward
3-4 Step left forward, turn ¼ turn right (weight to right)
5-6 Step left across right, hold
7-8 Step right to side, step left back (6:00)

LOCK/BACK, STEP SIDE, STEP FORWARD/LOCK/FORWARD, STEP ½ LEFT

1-2 Step right back locked across left, step left back
3-4 Step right to side, step left forward
5-6 Step right forward locked behind left, step forward left
7-8 Step right forward, turn ½ turn left (weight to left) (12:00)

¼ TURN LEFT, STEP TOGETHER, RIGHT ROCK BACK/RECOVER, STEP ¼ LEFT, ¼ TURN

1 Turn ¼ turn left and step right a long step to right
2 Step left next to right
3-4 Rock right back, recover onto left
5-6 Step right forward, turn ¼ left (weight to left)
7 Turn ¼ left and step right to side (3:00)

LEFT SAILOR, ROCK BACK/RECOVER, STEP ¼ LEFT, ¼ TURN, LEFT SAILOR

8&1 Step left behind right, step right slightly right, step left slightly left
2-3 Rock right back, recover onto left
4-5 Step forward right, turn ¼ left (weight to left)
6 Turn ¼ turn left and step right to side
7&8 Step left behind right, step right slightly right, step left slightly left (9:00)

BEHIND/SIDE/CROSS, ROCK/RECOVER, BEHIND, ¼ TURN TWICE

1-3 Step right behind left, step left to side, cross step right in front of left
4-5 Rock left to forward left diagonal, recover onto right
6 Step left behind right
7-8 Turn ¼ turn right and step right forward, turn ¼ turn right and step left to side (3:00)

BEHIND/SIDE, CROSS ROCK/RECOVER, STEP SIDE/CROSS, SIDE/TOUCH

1-2 Step right behind left, step left to side

3-4 Rock right across left, recover weight onto left
5-6 Step right to side, step left across right
7-8 Step right to side, touch left beside right (3:00)

REPEAT
