

# So If You're Lonely

**COPPER KNOB**  
BY STEPHEN

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Ann Wood (UK) - August 2007  
音乐: Whistle for the Choir - The Fratellis



## **SIDE, BEHIND & CROSS SIDE, BEHIND AND CROSS, ROCK RECOVER**

1-2&3-4      Step right to side, cross left behind right, step right to side, cross left over right, step right to side  
5&6-7-8      Cross left behind right, step right to side, cross left over right, rock right to side, recover onto left

## **CROSS TOUCH, CROSS UNWIND, KICK BALL CHANGE, ROCK RECOVER**

1-4      Cross right over left, touch left to side, cross left over right, unwind  $\frac{1}{2}$  right  
5&6-7-8      Right kick ball change, rock right forward, recover onto left

## **SYNCOPATED FORWARD ROCKS, TOUCH BACK, TURN $\frac{1}{4}$ RIGHT, CROSS TOUCH**

&1-2      Step right back, rock left forward, recover onto right  
&3-4      Step left back, rock right forward, recover onto left  
5-8      Touch right back, turn  $\frac{1}{4}$  right, cross left over right, touch right to side

## **CROSS UNWIND, BACK ROCK SKATE SKATE, LEFT SHUFFLE**

1-4      Cross right over left, unwind  $\frac{1}{2}$  left (weight on right), rock left back, recover onto right  
5-8      Skate left forward, skate right forward, shuffle forward stepping left, right, left

**Restart from here on wall 3**

## **ROCK RECOVER TRIPLE HALF TURN STEP $\frac{1}{4}$ PIVOT, CROSS SHUFFLE**

1-4      Rock right forward, recover onto left, turn  $\frac{1}{2}$  right and step right, left, right  
5-6-7&8      Step left forward, turn  $\frac{1}{4}$  right, crossing shuffle stepping left, right, left

## **HALF TURN LEFT, CROSS TOUCH, CROSS TOUCH, $\frac{1}{2}$ MONTEREY TURN**

1-2      Turn  $\frac{1}{4}$  left and step right back, turn  $\frac{1}{4}$  left and step left together  
3-6      Cross right over left, touch left to side, cross left over right, touch right to side  
7-8      Turn  $\frac{1}{2}$  right and step right together, touch left to side

## **KICK BALL CROSS, TURN $\frac{1}{4}$ TOGETHER, STEP LOCK, STEP LOCK STEP**

1&2      Kick left forward, step left together, cross right over left  
3-4      Step left to side, turn  $\frac{1}{4}$  right and step right together  
5-6-7&8      Step left forward, lock right behind left, step left forward, lock right behind left, step left forward

## **STEP $\frac{1}{2}$ PIVOT, FORWARD SHUFFLE, FORWARD ROCK RECOVER, TRIPLE FULL TURN**

1-2-3&4      Step right forward, turn  $\frac{1}{2}$  left (weight to left), shuffle forward stepping right, left, right  
5-8      Rock left forward, recover to right, triple in place turning a full turn left stepping left, right, left  
Easier option:      change triple full turn to a left coaster step

**REPEAT**

**RESTART: On wall 3 restart the dance after count 32 facing 9:00**