

Mr Lonely

COPPER KNOB
STEPSHETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Marilyn Griffin (UK) - January 2003
音乐: Mr. Lonely (Hex Mac Mix) - Deborah Cox : (CD: The Morning After)



1 - 2 Step
Forward on
Right, Touch
Left to Right
Heel
& 3 & 4 Step
Back on Left,
Right Heel
Forward, Step
Right in Place,
Step Forward
on Left
5 - 8 Repeat
steps 1 ? 4 (you
will be moving
forward on this
section)

**Section 2 Rock,
½ Turn, Right
Shuffle, Full
Turn, Left
Shuffle (Full
Turn can be
replaced by
walking Left
Right)**

1 - 2 Rock
Forward on
Right, Recover
weight onto
Left
3 & 4 Step R ½
Turn (over Right
Shoulder), bring
Left to meet
Right, Step
Forward on
Right
5 - 6 Step
Forward on Left
making a ½
Turn, Step Back
on Right making
a ½ Turn
(clockwise) (you
are now facing
6 o'clock wall)

7 & 8 Step
Forward on Left,
bring Right to
meet Left, step
Forward on Left

**Section 3 Side
Rock Behind
Side Cross,
Side Rock
Behind Side
Cross**

1 - 2 Rock Right
to Right Side,
Recover weight
onto Left
3 & 4 Step Right
behind Left,
Step Left to Left
Side, Cross
Right over Left
5 - 6 Rock Left
To Left Side,
Recover weight
onto Right
7 & 8 Step Left
behind Right,
Step Right to
Right Side,
Cross Left over
Right

**Section 4 Jazz
Box ¼ Turn,
Right Diagonal
Drag & Flick,
Hip Bump Left
Right & Flick**

1 - 4 Step Right
across Left,
Step Back on
Left, Step Right
to Right Side
making ¼
Turn, Step
Forward on Left
(9 o'clock wall)
5 - 6 Step Right
(Long Step)
Forward to
Right Diagonal,
Drag Left
towards Right a
Flick behind
Right

7 - 8 Step Left
to Left side as
you Bump Hip
Left, Bump Hip
Right
transferring
weight to Right
(anticlockwise
circular motion),
Flicking Left
behind Right

**Section 5 Side
Behind and
Heel and Cross,
Touch, Kick
Sweep ¼ Turn,
Coaster Step**
1-2 & 3 & 4
Step Left to Left
Side, Step Right
behind Left,
Step Left
slightly Back
and to Left and
Touch Right
Heel Diagonally
Forward, Step
Right in Place
and Cross Left
over Right
5 - 6 Touch
Right to Left
instep and you
twist slightly
Left, Twist
slightly Right as
you Kick Right
to Right
Diagonal and
Sweep Right
out and around
making ¼ Turn
Right(you are
now
facing 12
o'clock wall)
7 & 8 Step back
on Right, Step
Left next to
Right, Step
Forward on
Right

**Section 6 Step
Drag Flick, Step
Drag Flick, Kick
& Cross, Back
Side Cross**

1 - 2 Step Left
long Step To
Left, Drag Right
towards Left
and Flick Right
behind Left
3 - 4 Step Right
long Step to
Right, Drag Left
towards Right
and Flick Left
behind Right
5 & 6 Kick Left
to Left Diagonal,
step Left in
place and cross
Right over Left
7 & 8 Step Back
on Left, Step
Right to Side
and Cross Left
over Right

**Section 7 Side
Behind and
Cross Hold,
Side Behind &
¼ turn Right,
Swivel Heels
Out In**

1 - 2 & 3 4 Step
Right to Right
Side, Cross Left
Behind Right,
Step Right to
Side and Cross
Left over
Right, Hold
5 - 6 & 7 & 8
Step Right To
Right Side,
Cross Left
Behind Right,
Step Right to
side making ¼
Turn Right, Step
Forward on Left,
Swivel Heels
Out In (you are
now facing 3
o'clock wall)

Section

8 Forward

Lunge, Step
Back ½ Turn,
Full Turn, Left
Shuffle (Full
Turn can be
replaced by
walking Left
Right)

1 - 2 Lunge

Forward on
Right, Recover
Weight onto
Left

3 - 4 Touch

Right Toe back,
make ½ Turn
(over right
shoulder), put
weight down
onto Right (you
are now facing
9 o'clock wall)

5 - 6 Step

forward on Left,
as you make ½
Turn, Step back
on Right as you
make ½ Turn
(clockwise)

7 & 8 Step

Forward on Left,
bring Right to
meet Left, Step
Forward on Left
(9 o'clock wall)

**Note: End of
dance ? you will
be on Section 5
facing front wall,
complete ?side
behind and heel
& cross, touch
kick?, remain on
front wall and
sweep right
behind left.**
