

Lonely No More..

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Lonely No More - Rob Thomas : (CD Single)



**Step, Right
Lock Step, 1/2
Turn Point, &
Step 3/4,
Sweep Behind
& Cross.**

1 Step forward
on Left
2&3 Step
forward on
Right, lock Left
behind Right,
step forward on
Right.

4 Pivot 1/2 turn
to RIGHT
pointing Left to
Left side [6:00].
&5-6 Step Left
next to Right,
step forward on
Right, pivot 3/4
turn to Left
sweeping Left
round & behind
[9:00].

7&8 Cross step
Left behind
Right, step
Right to Right
side, cross step
Left over Right.

**Bump & 1/4
Turn, Kick &
Step, Sailor 1/2
Turn, & Press,
1/4 Turn.**

1&2 Bump hips
Right, Left, then
bump back as
you make 1/4
turn to Left
(weight on
Right) [6:00].

3&4 Kick Left
forward, step
Left next to
Right, step
Forward on
Right.

5&6 Make 1/4
turn to Left
stepping Left
behind Right,
1/4 turn to Left
stepping Right
next to Left,
step forward on
Left. (sailor 1/2)
[12:00].

&7-8 Tap Right
next to Left,
press forward
on Right, make
1/4 turn to Left
as you step Left
a large
step to Left side
dragging Right
toward Left
[9:00].

**Twinkle 1/2
Turn, Rock,
Recover, &
Cross & Touch,
1/2, 1/4 Hitch.**

1&2 Cross step
Right over Left,
make 1/4 turn to
Right stepping
back on Left,
1/4 turn to Right
stepping Right
to Right side
[3:00].

3-4 Cross rock
Left over Right,
recover on
Right.

&5 Step Left to
Left side, cross
step Right over
Left.

&6 Step Left to
Left side, touch
Right toe behind
Left

7-8 Unwind 1/2
turn to Right
taking weight on
Right, 1/4 turn
to Right hitching
Left knee
[12:00].

**Cross Rock 1/4
Turn, 1/2, 1/2,
Step, Back,
Rock & 1/2,
Pose.**

1&2 Cross rock
Left over Right,
recover on
Right, make 1/4
to Left stepping
forward on Left
[9:00].

3&4 Make 1/2
turn to Left
stepping back
on Right, 1/2
turn to Left
stepping
forward on
Left, step
forward on
Right [9:00].

5 Step back on
Left.

6&7 Rock back
on Right,
recover on Left,
make 1/2 turn to
Left stepping
back on Right
[3:00].

8 Touch Left in
front of Right
(knee bent)

**Tag: End of
Wall 1 to be
danced only
once.**

1 Step forward
on Left.

2&3 Step
forward on
Right, 1/2 turn
to Left stepping
forward on Left,
1/2 turn Left
stepping back
on Right.

4 Touch Left in
front of Right
(knee bent)

**At end of Wall 2
& Wall 5 instead
of starting from
Count 1 dance
the last 16**

Counts again..

i.e. From Count
32 add & Step
Left to Left side.

Then dance
from count 17.

Twinkle 1/2
turn. This will
happen facing
the back wall
both times &
turn you to face
front again.
