

# Another Lonely Day

COPPER KNOB  
BY STEPHEN METZ

拍数: 48                      墙数: 2                      级数: Improver  
编舞者: Val Parry (UK) - May 2010  
音乐: Another Lonely Day - Chris James



Music download available free <http://www.chrisjamescountry.co.uk/>

**INTRO – 16 Counts - Restarts 2.**

## **SECTION 1 – Step Forward, Mambo ½, Lock step forward, Cross rock, Side, Together, Left chasse**

1                      Step forward on Right  
2 & 3                Rock forward on Left, Recover weight on Right, Turn ½ left stepping forward on Left foot  
4 & 5                Step forward Right, Lock Left behind Right, Step forward on Right  
6 & 7 &            Cross rock Left over Right, Recover weight on Right, Step Left to left , Close Right to Left  
8 & 1                Step Left to left side, Close Right next to Left, Step Left to left side 6 o'clock

## **SECTION 2 -Cross rock side, Behind ¼ R, ¼ R, Back rock, Side rock, Cross rock, Side**

2 & 3                Cross Rock Right over Left, Recover weight on Left, Step Right to right side  
4 & 5                Cross Left behind Right, Turn ¼ right step forward on Right, Turn ¼ right step Left to side  
6 & 7 &            Rock Right behind Left, Recover weight on Left, Rock Right to side, Recover weight on Left  
8 & 1                Cross rock Right over Left, Recover weight on Left, Step Right o right side 12o'clock

## **SECTION 3 -Cross, Side, Sailor step, Cross, Back, Side, Cross, Back, Side**

2, 3                Cross Left over in front of Right, Step Right to right side  
4 & 5                Cross Left behind Right, Step Right to right side, Step Left to left side  
6 & 7                Cross Right over Left, Step back on Left, Step Right to right side  
8 & 1                Cross Left over Right, Step back on Right, Step Left to left side 12o'clock

## **SECTION 4 -Back rock, Side, Back rock Step, Right rocking chair, Pivot ½ Step forward**

2 & 3                Rock back on Right, Recover weight on Left, Step Right to right side  
4 & 5                Rock back on Left, Recover weight on Right, Step Left forward  
6 & 7 &            Rock forward on Right, Recover weight on Left, Rock back on Right, Recover weight on Left  
8 & 1                Step forward Right, Turn ½ left stepping forward on Left, Step forward on Right 6 o'clock

## **SECTION 5 -Walk L-R Rocking Chair, Forward rock, Run back L-R, Coaster Step**

2, 3                Walk forward Left, Walk forward Right  
4 & 5 &            Rock forward on Left, Recover weight on Right, Rock back on Left, Recover weight on Right  
6 & 7 &            Rock forward on Left, Recover weight on Right, Run back Left, Run back Right  
8 & 1                Step back Left, Step Right next to Left, Step Left forward towards left diagonal 6 o'clock

## **SECTION 6 -Cross rock, ½ rumba box forward, pivot ½, Step forward, Pivot ½**

2, 3                Cross rock Right over Left, Recover weight on Left  
4 & 5                Step Right to right side, Step Left next to Right, Step Right forward

### **RESTARTS HERE ON WALLS 2 & 4 (Count 5 becomes Count 1)**

6 & 7                Step forward on Left, Pivot ½ right stepping forward on Right, Step forward on Left  
8 &                Step forward on Right, Pivot ½ left stepping forward on Left 6 o'clock

## **RESTARTS**

**Wall 2 and Wall 4 – Facing front after count 4& of Section 6 (Count 5 of section 6 becomes Count 1)**

## **ENDING Wall 6 - Dance through Section 1 and Section 2 and then dance the following**

**Cross, Side, Sailor ½ turn,**

2, 3                Cross Left over in front of Right, Step Right to right side

4 & 5

Cross left behind right, turn half left stepping right to right side, step left in place

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