

# Only Lonely

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: High Beginner  
编舞者: Pablo K (USA) - September 2010  
音乐: You're Only Lonely - JD Souther : (CD: Radio Hits of The 70s)



**Intro: Wait 32 counts; Start with vocals**

## **(Sect. 1) SIDE, BEHIND, TURN 1/4, TURN 1/4, ROCK, RECOVER, CHASSÉ FORWARD**

1            Step R to side  
2            Step L behind right  
3            Turning 1/4 right - Step R forward (3:00)  
4            Turning 1/4 right - Step L back (6:00)  
5            Rock back R  
6            Recover L  
7&8        Chassé forward (R,L,R)

## **(Sect. 2) DIAGONAL STEP, TOUCH, DIAGONAL STEP, TOUCH, DIAGONAL STEP, TOUCH, KICK-BALL-CHANGE**

1-2        Step L forward on diagonal, Touch R next to left  
3-4        Step R forward on diagonal, Touch L next to right  
5-6        Step L forward on diagonal, Touch R next to left  
7&8        Kick R forward, Step down on ball of R, Change weight to L (kick-ball-change)

## **(Sect. 3) STRUT, STRUT, MAMBO RIGHT, COASTER STEP**

1-2        Step on R toe, Drop R heel (strut-in-place)  
3-4        Step on L toe, Drop L heel (strut-in-place)  
5&6        Rock R to side, Recover L, Step R next to L (mambo step)  
7&8        Step L back, Step R back, Step L forward (coaster step)

## **(Sect. 4) SWIVEL, SWIVEL, SIDE, TOUCH, BACK, KICK, ROCK, RECOVER**

1            Swivel heels left (remain facing 6:00)  
2            Swivel heels back to right  
3-4        Step R to side, Touch L next to right  
5-6        Step L back, Kick right forward  
7-8        Rock back R, Recover L

**REPEAT**

**Restart:**

**Restart 16 counts into 3rd wall (6:00) (immediately following instrumental).  
This is preferred but could be skipped without losing step.**

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