

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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