

Lonely Again

COPPER KNOB
BY STEPHEN BRETZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - August 2011
音乐: Lonely Again - Ne-Yo



Starts on Vocal (32 Counts).

Side, Behind 1/8 Rock Step, 1/2, 1/2. 1/2, Step, Step 1/2 Step.

- 1-2& Step Left to Left side, cross step Right behind Left, step Left to Left side.
3-4 Make 1/8 turn to Left rocking forward on Right, recover on Left. (10:30)
&5 Make 1/2 turn to Right stepping forward on Right, 1/2 turn to Right stepping back on Left.
(10:30)
6-7 1/2 turn to Right stepping forward on Right, step forward on Left. (4:30)
8&1 Step forward on Right, pivot 1/2 turn to Left, step forward on Right. (10:30)

Rock Forward & Back & Step, Rock Step, Sailor 5/8 Cross, Tap, Tap, Side.

- 2&3 Rock forward on Left, recover on Right, rock back on Left.
&4 Recover on Right, step forward on Left.
&5 Rock forward on Right, recover back on Left. (10:30)
6&7 Make 1/4 turn to Right stepping Right behind Left, 1/4 turn Right stepping Left next to Right,
1/8 turn Right cross stepping Right over Left. (6:00)
8&1 Tap Left toe to Left side, tap Left next to Right, take large step to Left on Left. **R**

Rock & Side, Cross 1/4 Side, Heel Grind 1/4, Coaster Step.

- 2&3 Cross rock Right behind Left, recover on Left, step Right to Right side.
4&5 Cross Left over Right, make 1/4 turn to Left stepping back on Right, step Left to Left side.
(3:00)
6& Step Right heel forward grinding it to Right, make 1/4 turn to Right stepping back on left.
(6:00)
7&8 Step back on Right, step Left next to Right, step forward on Right.

Heel Grind 1/4, Sailor 1/2 Cross, Rock & Cross, 1/4, 1/2, 1/4 Chasse.

- &1 Step Left heel forward grinding it to Left, make 1/4 turn to Left stepping back on Right. (3:00)
2&3 Make 1/4 turn to Left cross stepping Left behind Right, step Right next to Left. 1/4 turn to Left
cross stepping Left over Right. (9:00)
4&5 Rock to Right side on Right, recover on Left, cross step Right over Left.
6-7 Make 1/4 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right.
8&(1) 1/4 turn to Right to stepping Left to Left side, step Right next to Left, (step Left to Left side).

****R** Restart: Wall 2, Wall 6, Wall 10**

Dance up to & including Count 16&.. Then Restart dance from beginning.. Count 1.