

# Lonely & Sad

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Upper Beginner / Improver  
编舞者: Jo Rosenblatt (AUS) - June 2011  
音乐: Last Cheaters Waltz - T.G. Sheppard



START: "She .... going ....

This dance is for Leonie – who asked me to choreograph a dance to this music –thank you!

## Forward, Touch, Kick, Back, Toe, Toe

1,2,3      Step L forward, Touch R beside left, Kick R forward  
4,5,6      Step R back, Tap L toe across in front of right twice

## Forward, Scuff, Step Right, Cross Rock, Recover, Step

1,2,3      Step L forward, Scuff R beside left swinging out to right, Step R to right  
4,5,6      Cross rock L over right, Recover back onto R, Step L to left

## Cross, Side, Behind, Side Rock, Recover, Touch

1,2,3      Cross R over left, Step L to left, Step R behind left  
4,5,6      Side rock onto L, Rock back onto R, Touch L beside right

## Back, Lock, Back, Back, Lock, Back

1,2,3      Step L back on left diagonal, Cross R over left, Step L back on left diagonal  
4,5,6      Step R back on right diagonal, Cross L over right, Step R back on right diagonal

## Rock Back, Recover, Half Turn, Rock back, Recover, Quarter Turn

1,2,3      Rock back onto L, Recover onto R, Half turn right to step back on L  
4,5,6      Rock back onto R, Recover onto L, Quarter turn left to step R to right

## Back, Point, Hold, Fwd, Point, Hold

1,2,3      Step L back to line up behind right, point R to right side, Hold  
4,5,6      Step R forward to line up in front of left, point L to left side, Hold

## Fwd, Point, Hold, Back, Point, Hold

1,2,3      Step L forward to line up in front of right, point R to right side, Hold  
4,5,6      Step R back to line up behind left, point L to left side, Hold

## Fwd Waltz LRL, Back Waltz RLR

1,2,3      Step fwd on L, Step R beside left, Step L beside right (waltz forward)  
4,5,6      Step back on R, Step L beside right, Step R beside left (waltz back)

START DANCE AGAIN

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