

Perfectly Lonely

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Ivonne Verhagen (NL) - October 2012
音乐: Perfectly Lonely - John Mayer : (iTunes)



Dance starts after 32 counts (on vocals)

**WALK, WALK SAILOR STEP ½ TURN RIGHT, STEP, ½ TURN LEFT, ¼ TURN LEFT, FULL TURN LEFT
(Or triple in place)**

1-2 RF walk forward, LF walk forward,
3&4 ½ turn right & RF cross behind LF, LF little step to the side, RF little step to the side
5-6 LF step forward, ½ turn left + RF step back
7&8 ¼ turn left + LF step side, ½ turn left & RF step back, ½ turn left & RF step forward

(Optional: End count 8 with a sweep RF from back to the front)

(Easy option: 7&8 ¼ turn left & triple in place)

**CROSS OVER, STEP BACK, STEP BACK, CROSS OVER, ¼ TURN LEFT, ¼ TURN LEFT, CROSS OVER,
¼ TURN RIGHT, STEP BACK, WALK, WALK, WALK (LIFT KNEE)**

1&2 RF cross over LF, LF step back, RF step diagonal back,
3&4 LF cross over RF, ¼ turn left + RF step back, ¼ turn left + LF step side
5&6 RF cross over LF, ¼ turn right + LF step back, RF step back
7&8 LF step forward, RF step forward, LF step forward & lift Right Knee

***Restart in wall 4**

CROSS OVER, STEP BACK, STEP BACK, FULLTURN LEFT, WALK WALK, KICK BALL TOUCH SIDE

1&2 RF cross over LF, LF step back, Rf step back
3&4 LF step forward, ½ turn left + RF step back, ½ turn left + LF step forward

OPTION 3&4 change count 3&4 in walk walk walk

5-6 Walk RF forward, walk LF forward
7&8 RF kick forward, step on RF, LF touch to the left side

**& TOUCH HEEL FORWARD, ¼ TURN LEFT & TOUCH, & STEP, ¼ TURN LEFT, WALK, WALK, STEP, ½
TURN LEFT WITH RONDE**

&1&2 Weight on LF, RF touch heel forward, Step on RF, ¼ turn left & touch LF close to RF
&3-4 weight on LF, RF step forward, ¼ turn left and use hips (Option bodyroll) end weight on LF
5-6 Rf step forward, LF step forward
7-8 RF step forward, LF step forward, ½ turn left on LF & sweep right foot to the front

***Restart in wall 4**

Have fun!

Contact:-

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