

Mr. Lonely

拍数: 48 墙数: 4 级数: Phrased Improver
编舞者: Tanja Enget (NOR) - January 2013
音乐: Lonely - Akon



Or. Want Ya by Darin

When dancing to "Want Ya!" by Darin, dance only part A

Part A (Chorus) - 32 counts

SCUFF, KNEE TWIST, ROCK ¼ TURN LEFT, ¼ TURN RIGHT

1-2 Scuff right forward, Step right toe to side
3&4 Twist right knee in, out, in
5-6 ¼ turn left rock right foot back, rock left back
7&8 Cross right over left, turn ¼ right and step left foot back, touch right heel forward

WALK, WALK, SHUFFLE HALF TURN RIGHT, BEHIND SIDE CROSS, STEP AND HOLD

&1-2 Step down on right, walk forward left, right
3&4 Shuffle half turn right
5&6 Cross right behind left, step left to side, cross right foot in front
7-8 Step left to left and hold (with attitude)

HIP, RIGHT SAILOR STEP, LEFT COASTER STEP, LEFT ½ TURN

1-2 Push your right hip back and down (like you're sitting down), stand up
3&4 Right sailor step
5&6 Left coaster step
7-8 Turn ½ left and step right foot back, step left back

HITCH & TOUCH, SWIVEL ½ TURN RIGHT, ¼ TURN RIGHT, DOWN AND UP

1-2 Hitch right knee, touch right to back
3&4 Swivel on your left foot half turn right
5-6 Step onto your right foot while turning ¼ turn right and step left foot beside and sit down with both hands on your knees, jump up with your feet slightly apart
7-8 Push your hip right, left

Part B (Verse) - 16 counts

PIVOT ¼ TURN LEFT, RIGHT SAILOR STEP, BACK ¼ TURN LEFT, ¼ TURN, CHASSE

1-2 Step onto right, pivot ¼ turn left
3&4 Right sailor step
5-6 Touch left back, ¼ turn left
7&8 ¼ turn left and chasse to right

CROSS AND HEEL X2, CROSS, HOLD, ½ TURN UNWIND

11&2 Cross left over right, step right slightly back, touch left heel forward
&3&4 Step onto left, cross right over left, step left slightly back, touch right heel forward
&5-6 Step onto right, cross left over right, hold
7-8 Unwind ½ right (weight to left)

Enjoy!

Contact: tanja@rockback.no