

# Lonely Woman

COPPER KNOB  
BY STEPHEN HETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Larry Schmidt (USA) - December 2015  
音樂: Lonely Woman - Heather Stewart



#8 ct intro, Start on vocals. Weight on left - No Tags or Restarts

## [1-8] □ WALK, WALK, ANCHOR STEP W/ ¼ TURN, SAILOR STEP, SAILOR W/ ¼ TURN

1, 2      Step right foot forward, Step left foot forward,  
3&4      Step right next to left, Step left in place, Turn ¼ right stepping right foot right, (3:00)  
5&6      Step left behind right, Step right foot right, Step left foot left,  
7&8      Turn ¼ left stepping back on right, Step left next to right, Step right foot forward. (6:00)

## [9-16] □ STEP, ½ PIVOT, TRIPLE W/ ½ TURN, ¼ TURN, CROSS, SIDE ROCK, RECOVER, CROSS

1, 2      Step left foot forward, Pivot ½ onto right, (12:00)  
3&4      Turn ¼ right onto left, Step left next to right, Turn ¼ right stepping back onto left, (6:00)  
5, 6      Turn ¼ right stepping side onto right, Step left across right, ((9:00)  
7&8      Rock right onto right foot, Recover weight to left, Step right across left.

## [17-24] □ LEFT W/ DIP, TOUCH, KICK-BALL-CROSS, RIGHT W/ DIP, TOUCH, KICK-BALL-CROSS

1, 2      Step left foot left while bending left knee (dip), Straighten left leg while touching right toes right,  
3&4      Kick right foot to right diagonal, Step right foot next to left, Step left across right,  
5, 6      Step right foot right while bending right knee (dip), Straighten right leg while touching left toes left,  
7&8      Kick left foot to left diagonal, Step left foot next to right, Step right across left.

## [25-32] □ TRIPLE LEFT, CROSSING TRIPLE, BACK, SIDE, CROSSING TRIPLE

1&2      Step left foot left, Step right next to left, Step left foot left,  
3&4      Step right across left, Step left foot left, Step right across left,  
5, 6      Step left foot back, Step right foot right,  
7&8      Step left across right, Step right foot right, Step left across right.

## [33-40] SIDE, BEHIND, AND HEEL AND CROSS, AND HEEL AND CROSS, AND HEEL AND CROSS

1, 2&3      Step right foot right, Step left behind right, Step right foot right, Touch left heel to left diagonal,  
&4      Step left next to right, Step right across left,  
&5      Step left foot left, Touch right heel to right diagonal,  
&6      Step right next to left, Step left across right  
&7      Step right foot right, Touch left heel to left diagonal,  
&8      Step left next to right, Step right across left.

## [41-48] □ SIDE, ¼ R, ¼ R, ¼ R, CROSS, UNWIND ¾

1, 2      Step left foot left, Turn ¼ right onto right, (12:00)  
3, 4      Turn ¼ right onto left, (3:00)  
5, 6      Turn ¼ right onto right, Step left across right, (6:00)  
7-8      Unwind ¾ sitting back onto left. (3:00)

**FINISH: You will finish facing 12:00. Do the following 14 counts to end the dance.**

**BACK ROCK, RECOVER, FORWARD ROCK, RECOVER, BACK ROCK, RECOVER, WALK, WALK, OUT, OUT, ARM SWEEP**

1, 2      Rock back onto right foot, recover weight to left,  
3, 4      Rock forward onto right foot, recover weight to left

5, 6            Rock back onto right foot, recover weight to left  
7, 8            Step right foot forward, Step left foot forward  
9, 10           Step right foot right, Step left foot left,  
11-13           Sweep right arm in a large circle in front of your body and up overhead,  
14              On the last count, sweep the arm down and out to the front with the palm facing up.

**ENJOY !**

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