

# A Little Lonely & Blue

COPPER KNOB  
BY STEPHEN HETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Heather Barton (SCO) - May 2016  
音樂: I'm a Little Bit Lonely - Lisa McHugh



Music available from iTunes & Amazon

#16 count intro, begin on vocals

## [1-8] Point side R, touch, Heel Hook, Lock R Fwd, Step 1/2, 1/2 Back, Sweep Behind Side Cross

1&2&      Point right to right side, touch right beside left, tap right heel fwd, hook right under left knee  
3&4      Step forward right, lock left behind right, step forward on right  
5&6      Step left 1/2 turn right, 1/2 turn right step back left sweep right

### Alternative steps: mambo forward step back

7&8      Place right behind left, step left to left side, cross right over left - 12 o'clock

## [9-16] □ Point side L, Touch, Heel Hook, Lock L Fwd, Step R 1/4, Weave, Cross

1&2&      Point left to left side, touch left beside right, tap left heel forward, hook left under right knee  
3&4      Step forward left, lock right behind, step forward left  
5&6&      Step right forward 1/4 turn left, cross right over left, step left to left side  
7&8      step right behind left, step left to left side, cross right over left \*\*\*\* - 9 o'clock

\*\*\*\*Restart wall 6, change count 8 (cross right) to touch right beside left

## [17-24] □ Rumba back, Side Together 1/2, Rumba Back, Side Together 1/4 R

1&2      Step left to left side, place right beside left, step back left  
3&4      step right to right side, place left beside 1/4 turn right, 1/4 turn right cross right over left - 3 o'clock  
5&6      step left to left side, place right beside left, step back left  
7&8      step right to right side, step left beside right, 1/4 turn right step right forward - 6 o'clock

## [25-32] □ Cross Rock, Side Rock, Behind Side Cross, Heel Strut R,L,R,L 1/4 turn R

1&2&      Cross rock left over right, recover right, side rock left to left side, recover right  
3&4      Place left behind right, step right to right side, cross left over right  
5-6      1/4 turn Right, heel right forward, drop right toe, 1/4 right, heel left forward, drop left toe  
7-8      1/4 turn right heel right forward, drop right toe, step forward left heel, drop left toe - 3 o'clock

Restart on wall 6

Dance the first 16 counts and change count 16 (cross R) to a touch Right beside left .....

Happy dancing

Thanks to my hubby Steve for the help me with this dance  
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