

Owner of a Lonely Heart

COPPER KNOB
STEPSHEETS

拍數: 68 牆數: 2 級數: Phrased High Beginner
編舞者: Stephanie Lim (MY) - September 2016
音樂: Owner of a Lonely Heart - Yes



Intro: 48 Counts From the Beginning Of Music. Approx. 24 Sec into music. Dance Start On RF.
SOD: AAB AAB A a(16C) Tag(16C) AA (Ending) (16C)

Part A: 32 Counts

A1(1-8) MAMBO TOUCH, (MAMBO STEP) x 2

1&2 Rock RF Forward(1), Recover On LF(&), Touch R Toe Beside LF(2) (12:00)
3 4 5 Rock RF To R(3), Recover On LF(4), Step RF Beside LF(5) (12:00)
6 7 8 Rock LF To L(6), Recover On RF(7), Step LF Beside RF(8) (12:00)

A2 (9-16) MONTEREY ¼ R TURN, OUT OUT, IN CROSS UNWIND ½ R TURN

1 2 Touch R Toe To R(1), ¼ R Turn Step RF Beside LF(2) (3:00)
3 4 Touch L Toe To L(3), Step LF Beside RF(4) (3:00)
5 6& Step RF To Diagonal R(5), Step LF To Diagonal L(6), Step RF To Middle Back(&)(3:00)
7 8 Cross LF Over RF(7), Unwind ½ R Turn [Weight On LF] (8) (9:00)

A3(17-24) SHAKE TO THE R, COASTER STEP, REVERSE COASTER STEP

1 2 Step RF To R (Shake your shoulder as well)(1), Lift Up Your L Toe(2) (9:00)
3 4 5 Step LF Back(3), Step RF Beside LF(4), Step LF Forward(5) (9:00)
6 7 8 Step RF Forward(6), Step LF Beside RF(7), Step RF Back(8) (9:00)

A4(25-32) REVERSE ROCKING CHAIR, ¼ L TURN STEP TOUCH, HIP BUMP

1 2 Rock LF Back(1), Recover On RF(2) (9:00)
3 4 Rock LF Forward(3), Recover On RF(4) (9:00)
5 6 ¼ L Turn Step LF To L With Body Roll(5), Touch R Toe Beside LF(6) (6:00)
7&8 Hip Bump Twice (7&8) [Weight Remain On LF] (6:00)

Part B: 36 Counts

B1(1-8) (SKATE)X3, DRAG, BIG STEP, DRAG, CHEST BUMP

1 2 Skate RF To Diagonal R(1), Skate LF To Diagonal L(2) (12:00)
3 4 Skate RF To Diagonal R(3), Drag LF Towards RF(4) (12:00)
5 6 Big Step LF To L(5), Drag RF Towards LF(6) (12:00)
7&8 Chest Bump Twice (7&8) 12:00

B2(9-16) ¼ R TURN ROLLING VINE, BIG STEP, DRAG, CHEST BUMP

1 2 ¼ R Turn Step RF To R(1) (3:00), ½ R Turn Step LF To L(2) (9:00)
3 4 ½ R Turn Step RF To R(3) (3:00), Touch L Toe Beside RF(4) (3:00)
5 6 Big Step LF To L(5), Drag RF Towards LF(6) (3:00)
7&8 Chest Bump Twice (7&8) 3:00

B3(17-24) ¼ R TURN (SKATE)X3, DRAG, BIG STEP, DRAG, CHEST BUMP

1 2 ¼ R Turn Skate RF To Diagonal R(1), Skate LF To Diagonal L(2) (6:00)
3 4 Skate RF To Diagonal R(3), Drag LF Towards RF(4) (6:00)
5 6 Big Step LF To L(5), Drag RF Towards LF(6) (6:00)
7&8 Chest Bump Twice (7&8) 6:00

B4(25-32) ¼ R TURN ROLLING VINE, ROCK RECOVER, BACK TOUCH

1 2 ¼ R Turn Step RF To R(1) (9:00), ½ R Turn Step LF To L(2) (3:00)
3 4 ½ R Turn Step RF To R(3) (9:00), Touch L Toe Beside RF(4) (9:00)

5 6 Rock LF Forward(5), Recover On RF(6) (9:00)
7 8 Step LF Back(7), Touch R Toe Beside LF(8) (9:00)

B5(33-36) ROCKING CHAIR ¼ R TURN

1 2 Rock RF Forward(1), Recover On LF(2) (9:00)
3 4 ¼ R Turn Rock RF BACK(3), Recover On LF(4) (12:00)

Tag: 16 Counts (Facing 3:00)

T1(1-8) (¼ R TURN STEP HOLD) x2

1 2 3 4 ¼ R Turn Step RF To R(1), Hold (2 3 4) (6:00)
5 6 7 8 ¼ R Turn Step LF Back(5), Hold (6 7 8) (9:00)

T2(9-16) ¼ R TURN STEP HOLD, (STOMP) x 3, TOUCH

1 2 3 4 ¼ R Turn Step RF To R(1), Hold (2 3 4) (12:00)
5 6 7 8 Stomp In Place (L R L) (5 6 7), Touch R Toe Beside LF (8) (12:00)

Ending: 16 Counts (Facing 12:00)

E1(1-8) ½ R TURN STEP HOLD, ¼ R TURN STEP HOLD

1 2 3 4 ½ R Turn Step RF To R(1), Hold (2 3 4) (6:00)
5 6 7 8 ¼ R Turn Step LF Back(5), Hold (6 7 8) (9:00)

E2(9-16) (¼ R TURN STEP HOLD), (SWAY) x 4

1 2 3 4 ¼ R Turn Step RF To R(1), Hold (2 3 4) (12:00)
5 6 7 8 Sway In Place (L R L R) (5 6 7 8) (12:00)

Strike An Ending Pose!!!

Enjoy!!! Happy Dancing. No Dancing ~~~ No Life~~~

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