

# Lonely And Sorry

COPPER KNOB  
BY SHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Sylvie Fournier (FR) - March 2017  
音樂: She'd Rather Be Lonely Than Sorry - Jason McCoy



## Starts on lyrics

### [1 à 9] SIDE, TOGETHER, SIDE, MAMBO FORWARD, SIDE ROCK STEP, CROSS TRIPLE :

1 – 2 – 3      step R to right , step L next to R , step R to right □□□(12.00)  
4 & 5      rock forward on L , rock back on R , step L next to R  
6 – 7      rock side on R , rock back on L  
8 & 1      cross R in front of L , step L to left , cross R in front of L

### [10 à 17] SIDE, STEP with 1/ 2 TURN, TRIPLE FORWARD , STEP, 1/ 2 TURN , MODIFIED MAMBO FORWARD :

2 – 3      step L to left , step R to right with 1/ 2 turn to right □□□(06.00)  
4 & 5      step L forward , step R next to L , step L forward  
6 – 7      step R forward , pivot 1/ 2 turn left □□□□□□(12.00)  
8 & 1      rock on R forward , rock back on L , step R to right

### [18 à 25] TOGETHER, SIDE, MAMBO FORWARD, SIDE ROCK STEP, CROSS TRIPLE :

2 – 3      step L next to R , step R to right  
4 & 5      rock forward on L , rock back on R , step L next to R  
6 – 7      rock side on R , rock back on L  
8 & 1      cross R in front of L , step L to left , cross R in front of L

### 26      à 33 SIDE, STEP with 1/ 4 TURN, TRIPLE FORWARD , STEP, 1/ 2 TURN , MODIFIED MAMBO FORWARD :

2 – 3      step L to left , step R to right with 1/ 2 turn to right □□□(06.00)  
4 & 5      step L forward , step R next to L , step L forward  
6 – 7      step R forward , pivot 1/ 2 turn left □□□□□□(12.00)  
8 & 1      rock on R forward , rock back on L , step R to right

### [34 à 41] HIP SWAYS, SIDE TRIPLE with 1/ 4 TURN , BRUSH , BRUSH , TRIPLE FORWARD :

2 – 3      sway hip to left then right  
4 & 5      step L to left , step R next to L , step L to left with 1/ 4 turn left  
6 – 7      brush R forward , then brush R backward crossed in front of L □(09.00)  
8 & 1      step R forward , step L next to R , step R forward

### [42 à 49] BRUSH , BRUSH, STEP, BACK, SIDE, ROCK STEP, TRIPLE STEP with 3/ 4 TURN :

2 – 3      brush L forward , then brush L backward crossed in front of R  
4 & 5      Step L in place , step back R , step L to left side  
6 – 7      rock on R crossed in front of L , rock back on L  
8 & 1      triple step in place with 3/ 4 turn to right □□□□□(06.00)

### [50 à 57] SWAYS, TRIPLE FORWARD, SWAYS , TRIPLE BACKWARD :

2 – 3      sway hips to left then right  
4 & 5      step L forward , step R next to L , step L forward  
6 – 7      sway hips to right then left  
8 & 1      step back R , step L next to R , step back R

### [58 à 64] CROSS ROCK STEP, SIDE, SYNCOPATED CROSS ROCK STEP, SIDE, CROSS, SIDE, CROSS :

2 – 3      rock on L crossed in front of R , rock back on R

4 & 5            step L to left , rock on R crossed in front of L , rock back on L  
6 – 7            step R to right , cross L in front of R ,  
8 &              step R to right , cross left behind R

**Start again .....**

**Tag : After 2nd wall , add :**

1 – 2 – 3        step R to right , step L next to R , step R to right  
4 & 5            step L forward , step R next to L, step L forward  
6 – 7            rock back on R , rock forward on L  
8 &              sway hips to right then left and start again

**Restart : On 5th wall : Go to 23rd wall then add :**

24 &            bring R next to L and cross L in front of R

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