

Lonely For You Only

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Beginner
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2017
音樂: Lonely for You Only - Midland



Start after 32 count intro when the beat kicks in (approx. 27secs) – 109bpm – 3mins 49secs
Music Available: Amazon

[1-8] R chassé, L back rock/recover, L/R step touches

1&2 Step R side, step L together, step R side
3-4 Rock L back, recover weight on R
5-6 Step L side, touch R together
7-8 Step R side, touch L together

[9-16] L chassé, R back rock/recover, R/L step touches

1&2 Step L side, step R together, step L side
3-4 Rock R back, recover weight on L
5-6 Step R side, touch L together
7-8 Step L side, touch R together

[17-24] R fwd shuffle, L fwd shuffle, R fwd, ¼ L pivot turn, R fwd, ¼ L pivot turn

1&2 Step R forward, step L together, step R forward
3&4 Step L forward, step R together, step L forward

TAG/RESTART: On walls 5 & 10 which start facing front wall, dance first 20 counts and add the following 4 count Tag – R jazz box cross – and then Restart the dance again facing the front wall.

[1-4] Cross step R over L, step L back, step R side R, cross step L over R

5-6 Step R forward, pivot ¼ left (9 o'clock)
7-8 Step R forward, pivot ¼ left (6 o'clock)

[25-32] R cross point, L cross point, ¼ R jazz box cross

1-2 Cross step R over L, point L side
3-4 Cross step L over R, point R side
5-6 Cross step R over L, turning ¼ right step L back (9 o'clock)
7-8 Step R side, cross step L over R

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Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P