

You Ain't Gonna Be Lonely Long

COPPER KNOB
BY STEPHEN HUGHES

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Brandi Hughes (CAN) - January 2019
音樂: Ain't Gonna Be Lonely Long - Sons of Daughters



Intro: 16 Counts

Sec. 1: Weave, Rock/Recover, Side Shuffle ¼ Turn

1-2& Step Right to right side (1), Cross Left behind right (2), Step Right to right side (&)
3-4 Cross Left in front of right (3), Step Right to right side (4)
5-6 Step Left back (5), Recover weight forward on Right (6)
7&8 Step Left to left side (7), Step Right beside left (&), Step Left forward making ¼ turn left (9:00)(8)

Sec. 2: Cross Rock/ Recover, Side Shuffle, Toe Grind, Kick, Coaster Step

1-2 Cross Right over left (1), Recover weight back on Left (2)
3&4 Step Right to right side (3), Step Left beside right (&), Step Right to right side (4)
5&6 Touch Left toe forward turning the heel out to the left (5), Turn Left heel to the Right (&), Kick Left forward (6)
7&8 Step Left back (7), Step Right back beside left (&), Step Left forward (8)

Restart Here on Wall 3

Sec. 3: ½ Pivot, Lock Step Forward, Point, Touch, Syncopated Point Touches

1-2 Step Right forward (1), Make ½ turn left taking weight on left (3:00)(2)
3&4 Step Right forward (3), Lock Left up behind right (&), Step Right forward (4)
5-6 Point Left to left side (5), Touch Left beside right (6)
7&8 Point Left to left side (7), Touch Left beside right (&), Point Left to left side (8)

Sec. 4: ¼ Turning Hip Roll, Kick, Lock Step Back, Rhumba Box

1-2 Roll Hips CCW making ¼ turn Left (12:00) keeping weight on Right (1), Kick Left forward (2)
3&4 Step Left back (3), Lock Right in front of left (&), Step Left back (4)
5&6 Step Right to right side (5), Step Left beside right (&), Step Right forward (6)
7&8 Step Left to left side (7), Step Right beside left (&), Step Left back (8)

****Restart Here on Wall 7****

Sec. 5: Body Roll, Point (x2), ¼ Turning Sailor, ½ Turning Sailor

1-2 Rolling body from Head downward step Right to right side (1), Point Left to left side (2)
3-4 Rolling body from Head downwards step Left to left side (3), Point Right to right side (4)
5&6 Cross Right behind left (5), Step Left to left side making ¼ right (3:00)(&), Step Right to right side (anchor well)(6)
7&8 Cross Left behind right (7), Step Right to right side making ¼ turn left (&), Step Left to left side making ¼ turn left (9:00)(8)

Sec. 6: Rock/Recover, Coaster Step, Heels Jacks

1-2 Step Right forward (1), Recover weight back on Left (2)
3&4 Step Right back (3), Step Left back beside right (&), Step Right forward (4)
5&6& Cross Left over right (5), Step Right back (&), Tap Left heel forward (6), Step Left beside right (&)
7&8 Cross Right over Left (7), Step Left back (&), Tap Right heel forward (8)

Happy Dancing!

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