

Only Lonely

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Larry Bass (USA) - February 2019
音樂: You're Only Lonely - JD Souther



Restart after 16 count on wall 3

SWAYFORWARD, SWAY BACK, TRIPLE STEP FORWARD; ROCK STEP, TRIPLE STEP BACK

1-2 Step R forward swaying hips forward; Sway hips back to L
3&4 Step R forward, Step L to R, Step R forward
5-6 Rock L forward; Recover back to R
7&8 Step L back, Step R to L, Step L back

ROCK STEP BACK, SIDE, TOGETHER, SIDE; CROSSOVER ROCK STEP, SIDE, TOGETHER, ¼ TURN

1-2 Rock R back; Recover forward to L
3&4 Step R to right, Step L beside R, Step R to right
5-6 Rock L across R; Recover back to R
7&8 Step L to left, Step R beside L, Make a ¼ turn left & step L forward (9:00)

Restart here on wall 3 facing (3:00)

HIP TURNS, TRIPLE STEP FORWARD; STEP ¼ PIVOT

1-2 Step R forward swaying hips forward; Pivot 1/8 turn left to L (7:30)
3-4 Step R forward swaying hips forward; Pivot 1/8 turn left to L (6:00)
5&6 Step R forward, Step L to R, Step R forward
7-8 Step L forward; Pivot ¼ turn left to R (9:00)

CROSSOVER TRIPLE STEP, SIDE ROCK STEP; JAZZ BOX

1&2 Step L across R, Step R to right, Step L across R
3-4 Rock R to right; Recover left to L
5-6 Step R across L; Step L back
7-8 Step R to right; Step L beside R

Begin Again

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