

Mr. Lonely (P)

拍數: 32 牆數: 0 級數: Improver Partner
編舞者: Serge Légaré (CAN) & France Bastien (CAN) - April 2019
音樂: Mr. Lonely - Midland



Step Sheet written by Marianne My Severinsen, Old farmers, November 2019

Position: Promenade LOD, Lady & Gent opposite footwork, starting on outside foot

SEC 1 CHASSE, BACK ROCK, CHASSE, BACK ROCK

1 & 2 Step to side, step together, step to side
3 - 4 Rock back, recover weight
5 & 6 Step to side, step together, step to side
7 - 8 Rock back, recover weight

SEC 2 TOE STRUT FWD, ½ TOE STRUT, ½ SHUFFLE, STEP FWD TOUCH

1 - 2 Step toe forward, recover on heel
3 - 4 Step ½ turn backwards with toe, recover weight
5 & 6 Step ½ turn forward, step together, step forward (Open right promenade)
7 - 8 Step forward, touch next to

SEC 3 SIDE TOUCH, ¼ STEP TOUCH, ¼ STEP TOUCH, ½ STEP TOUCH (Changing places)

1 - 2 Step to side, touch next to
3 - 4 Step ¼ turn, touch next to
5 - 6 Step ¼ turn, touch next to
7 - 8 Step ½ turn, touch next to

SEC 4 ROLLING WINE, HOLD, SKATE HOLD, SKATE ¼ CROSS

1 - 2 Step ¼ turn, Step ½ turn
3 - 4 Step ¼ turn, hold
5 - 6 Step diagonally forward, hold
7 - 8 Step diagonally forward, step ¼ turn cross (Into promenade position)

KISS & HAVE FUN
