

# Lonely If You Are

COPPER KNOB  
STEPSHEETS

拍數: 72      牆數: 2      級數: Easy Intermediate  
編舞者: Bill Baron (USA), Penny Tan (MY) & Shirley Bang (MY) - February 2020  
音樂: Lonely If You Are - Chase Rice



#16 count intro, start with singing

## [1-8] RUMBA BOX, MAMBO, COASTER CROSS

1&2      Step RF to side, step LF next to RF, step RF back  
3&4      Step LF to side, step RF next to LF, step LF forward  
5&6      Step RF forward, recover LF, step RF next to LF  
7&8      Step LF back, step RF next to LF, cross LF over RF

## [9-16] 1/2 TURNING VOLTA, 1/2 TURNING VOLTA, SHUFFLE, ROCK RECOVER

1&2      Step RF 1/4 turn R, step LF 1/4 turn R, cross RF over LF  
3&4      Step LF 1/4 turn L, step RF 1/4 turn L, cross LF over RF  
5&6      Step RF 1/4 turn R, step LF next to RF, step RF forward  
7&8      Step LF forward, recover RF, step LF back turning 1/4 L

## [17-24] Sway X4, CROSSING SHUFFLE, SIDE SHUFFLE

1-2      Sway R, sway L  
3-4      Sway R, sway L  
5&6      Cross RF over LF, step LF to side, cross RF over LF  
7&8      Step LF to side, step RF next to LF, step LF to side

## [25-32] TOUCH TOUCH STEP, TOUCH TOUCH STEP, ROCK BACK RECOVER, KICK BALL CROSS

1&2      Touch RF, touch RF, step RF to side  
3&4      Touch LF, touch LF, step LF to side  
5-6      Step back RF, recover LF  
7&8      Kick RF, replace RF next to LF, cross LF over RF

## [33-40] SCISSOR CROSS, STEP TOGETHER, SCISSOR CROSS, STEP TOGETHER

1&2      Step RF to side, step LF next to RF, cross RF over LF  
3-4      Step LF to side, step RF next to LF touching  
5&6      Step RF to side, step LF next to RF, cross RF over LF  
7-8      Step LF to side, step RF next to LF touching

## [41-48] ROCK RECOVER 1/4 TURN, SHUFFLE, ROCKING CHAIR, COASTER

1&2      Step RF forward, recover LF, step RF 1/4 turn R  
3&4      Step LF forward, step RF next to LF, step LF forward  
5&6      Step RF forward, Recover LF, step RF back  
7&8      Step LF back, step RF next to LF, step LF forward

## [49-56] SIDE TOUCHES, SHUFFLE, SIDE TOUCHES, SHUFFLE 1/4 turn

1&2&      Step RF to side, step LF next to RF touching, step LF to side, step RF next to LF touching  
3&4&      Step RF to side, step LF next to RF, step RF to side, step LF next to RF touching  
5&6&      Step LF to side, step RF next to LF touching, step RF to side, step LF next to RF touching  
7&8      Step LF to side, step RF next to LF, step LF to side turning 1/4 L

## [57-64] PIVOT TURN, SHUFFLE, (SWEEPING CROSS, STEP BACK, STEP SIDE) X2

1&2      Step RF forward, pivot 1/2 turn L, step RF forward  
3&4      Step LF forward, step RF next to LF, step LF forward

5&6 Sweeping RF cross over LF, step LF Back, step RF side  
7&8 Sweeping LF cross over RF, step RF back, step LF side

**[65-72] STEP FLICKS, PIVOT TURN, STEP 1/2 TURN, STEP BACK**

1&2& Cross RF over LF, flick LF to L, cross LF over RF, flick RF to R  
3&4 Cross RF over LF, flick LF to L, step LF forward  
5-6 Step RF forward, pivot 1/2 turn L  
7-8 Step RF 1/2 turn L, step back on LF

**BRIDGE: DURING WALL 3, AFTER 32 counts there is a 2 count bridge. HOLD FOR 2 COUNTS.**

**This happens when there is silence and lasts for two counts and the dance continues with the continuation of the vocals.**

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