

Lonely

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jean Harris (UK) - April 2020
音樂: Lonely - Joel Corry



Intro: 16 counts BPM

Section 1: Side, Touch Ball Cross, Side behind Unwind ½, forward shuffle

1 – 2 & 3 Step Left to Left side, Touch, Right next to Left, Step Right to Right side, Cross Left over Right
4-5-6 Step Right to Right side, Cross Left behind Right, Unwind ½ turn Left (weight on Right foot)
7 & 8 Forward shuffle on Left (LRL)

Section 2: Walk forward x2, Kick Ball Step, Heel Switches & Rock recover

1 - 2 Step forward onto Right, step forward onto Left
3 & 4 Kick Right Forward, Step on ball of Right, Step Left slightly forward
5 & 6 Dig Right heel Forward, Step Right next to Left, Dig Left Heel Forward
&7 - 8 Step Left next to Right, Rock Forward on Right, Recover onto Left

Section 3: Side, Hold & Side, Touch. Side Rock, Sailor Step

1 - 2 Step Right to Right Side, Hold (2)
& 3-4 Step Left next to Right, Step Right to Right side, touch Left next to Right
5 – 6 Rock Left to Left Side, Recover onto Right
7 & 8 Cross Left behind Right, step Right to Right side, Step Left to Left side

Section 4: Forward Rock, 3/4 Triple turn, Cross, 1/4, Chasse 1/4

1 – 2 Rock Right Forward, Recover onto Left
3 & 4 Shuffle Step 3/4 turn Right
5 – 6 Cross Left over Right, Turn ¼ Left Stepping Right back,
7 & 8 Chasse ¼ turn Left, stepping Left.Right.Left

Tag & Restart Wall 5 dance 16 count tag at this point then restart dance from the beginning

Section 5: Skate x 2 , Forward Shuffle, Step ½ Pivot, Forward Shuffle

1 - 2 Skate Forward on Right, Skate Forward on Left,
3 & 4 Step Right forward, Close Left next to Right, Step Right Forward
5 – 6 Step Left Forward, Pivot ½ turn Right
7 & 8 Step Left forward, Close Right next to Left, Step Left Forward

Section 6: Kick Ball Point x 2 Heel & Heel & Heel, Step, Step

1 -& 2 Kick Right Forward, Step Right next to Left, Point Left to Left Side
3 & 4 Kick Left Forward, Step Left next to Right, Point Right to Right Side
5 & Touch Right Heel Forward, Step Right next to Left
6 & Touch Left Heel Forward, Step Left next to Right
7 & Touch Right Forward. Step Right next Left
8 Step Left Next to Right

Section 7: Side Touch, Side Kick, Behind Side Cross, Side Rock recover

1 - 4 Step R to R side, touch L next to R , Step L to L side, Kick R to R diagonal
5 & 6 Cross step Right behind Left, step Left to Left side, Cross Right over Left
7 – 8 Rock Left to Left side, Recover onto Right

Section 8: Forward rock, Lock step back, sailor ½ turn, side rock, Recover

1 - 2 Rock forward on Left, Recover onto Right

3 & 4 Step Left Back, lock step Right across Left, Step Left back
5 & 6 Sailor ½ turn Right
7 – 8 Rock Left to Left side, Recover onto Right

Tag: W5 after 32 counts (Section 4) 16 Count tag

Right Shuffle forward, Step Pivot, Left Shuffle forward Right, Pivot, side touch, side touch, chasse, Rock, Recover

1 & 2 Right shuffle steps forward (RLR)
3 – 4 Step forward onto Left, Pivot ½ Right
5 & 6 Left shuffle steps forward (LRL)
7 – 8 Step forward onto Right, Pivot ½ Left

1 - 2 Step Right to Right side, touch Left next to Right
3 -4 Step Left to Left side. Touch Right next to Right
5 & 6 Step Right to Right side, Step Left next to Right, Step Right to Right Side
7 – 8 Rock Left to Left side, Recover onto Right
