

No More Lonely

拍數: 32 牆數: 2 級數: Beginner
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音樂: No More Lonely - David Ball



#2X Restart on wall 3 & 7 after 2 counts facing (12:00)

Start on vocals - Intro: 32 counts

S.I: SYNCOPATED TOE STRUT, SYNCOPATED ROCKING CHAIR, TRIPLE FWD, 1/4 PIVOT RIGHT, CROSS

1 Touch RF toe in place
& Drop RF heel
2 Touch LF toe in place
& Drop LF heel
3 Step RF fwd
& Recover on LF
4 Step RF back
& Recover on LF
5 Step RF fwd
& Step LF next to RF
6 Step RF fwd
7 Step LF fwd
& Make 1/4 pivot turn Right
8 Cross LF over RF (weight on LF)

S.II: SYNCOPATED HEEL SWITCH, SIDE TOUCHES, ROCK STEP, 1/4 RIGHT CHASSE

1 Touch RF heel fwd
& Step RF next to LF
2 Touch LF heel fwd
& Step LF next to RF
3 Touch RF toe to Right side
& Bring RF beside LF
4 Touch LF toe to Left side
& Bring LF beside RF
5 Step RF fwd
6 Recover on LF
7 Make 1/4 turn Right step RF to Right side
& Close LF beside RF
8 Step RF to Right side

S.III: SYNCOPATED SIDE TOUCH, SYNCOPATED HALF RUMBA BOX FWD

1 Step LF to Left side
& Touch RF toe beside LF
2 Step RF to Right side
& Touch LF toe beside RF
3 Step LF to Left side
& RF together
4 Step LF fwd
5 Step RF to Right side
& Touch LF toe beside RF
6 Step LF to Left side

& Touch RF toe beside LF
7 Step RF to Right side
& LF together
8 Step RF fwd

S.IV: SYNCOPATED SIDE ROCK CROSS X2, COASTER STEP, SYNCOPATED ROCKING CHAIR

1 Step LF to Left side
& Recover on RF
2 Cross LF over RF
3 Step RF to Right side
& Recover on LF
4 Cross RF over LF
5 Step LF back
& Step RF next to LF
6 Step LF fwd
7 Step RF fwd
& Recover on LF
8 Step RF back
& Recover on LF (weight on LF)

Begin again... Enjoy - Keep Smiling

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