

Lonely This Christmas

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver Rolling count
編舞者: HP Low (UK) & Babs Low (UK) - December 2020
音樂: Lonely This Christmas - Mud



"This dance is written in memory of those that are no longer with us this Christmas"

Section 1 - Walk L-R-L,, rock recover step ¼ turn to R, serpentine

1-3 Walk forward L-R-L
4&a Rock R fwd, recover to L ft, step R to R with ¼ to R, (3.00)
5-7 Cross L over R, Step R to R, Step L behind R
8&a Sweep R behind L, Step L to L, Step R fwd

Section 2 - Full turn, coaster step with ¼ turn to R, sway L-R-L, Mambo step

1-3 Step L , ½ to R (wt on R) ½ turn to R (wt on L)
4&a Step R Back, step L beside R, Step R fwd
5-7 ¼ turn to R, Sway L-R-L (6.00)
8&a Rock fwd on R, recover to L, step R beside L

Section 3 - Sweep steps L-R-L backwards, coaster step with ¼ turn to R, vine to L and touch out, sailor step

1-3 Sweep feet backwards L-R-L
4&a Step R Back, step L beside R, Step R fwd
5-7 Step on L with ¼ turn to R, Step R behind L, touch L out (9.00)
8&a Step L behind R, Step R to R, Step L beside R

Section 4 - Weave to R and point out, sailor ¼ turn to R, step fwd, step ½ turn to L, full turn to L (6.00)

1-3 Step R to R, Cross L over R, touch R ft out
4&a Step R behind L, Step L next to R, step R fwd with ¼ turn to R (12.00)
5-7 Step L fwd, Step R fwd, pivot ½ turn (wt on L) (6.00)
8&a ½ turn L stepping forward on Right, ½ turn L stepping forward on Left, Step forward on Right (facing 6.00)

Match your steps to the slowed down music at the end of Wall 3
