

Lonely Hearts

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Maggie Gallagher (UK) - June 2021
音樂: Lonely Hearts (Single Mix) - Ivory Layne



Intro: 8 counts (start on vocals)

S1: R RUMBA BOX, WALK, L LOCK STEP

1&2 Step right to right side, Step left next to right, Step forward on right
3&4 Step left to left side, Step right next to left, Step back on left
5 $\frac{3}{8}$ right walking forward on right to right diagonal [4:30]
6&7 Step forward on left, Lock right behind left, Step forward on left [4:30]

S2: SIDE/PUSH & CROSS & BEHIND &, CROSS ROCK, & CROSS, SIDE, BEHIND SIDE CROSS

8&1 $\frac{1}{8}$ left stepping right to right side pushing hips right [3:00], Recover on left, Cross right over left
&2& Step left to left side, Cross right behind left, Step left to left side
3-4& Cross rock right over left, Recover on left, Step right to right side
5-6 Cross left over right, Step right to right side
7&8 Cross left behind right, Step right to right side, Cross left over right

S3: STEP TAP BACK/Drag, BACK $\frac{1}{2}$ STEP &, SYNCOPATED ROCK STEPS

1& Step forward on right to right diagonal [4:30], Tap left toe behind right
2 Long step back on left dragging right to meet left [4:30]
3&4& Step back on right, $\frac{1}{2}$ left stepping forward on left, Step forward on right, Step left next to right [10:30]
5-6& Rock forward on right, Recover on left, Step right next to left
7-8& Rock forward on left, Recover on right, Step left next to right [10:30]

S4: STEP, $\frac{1}{2}$ PIVOT, STEP, $\frac{1}{2}$ $\frac{1}{2}$, SIDE, BACK ROCK, SWAY, SWAY

1-2-3 Step forward on right, $\frac{1}{2}$ pivot left, Step forward on right [4:30]
4& $\frac{1}{2}$ right stepping back on left, $\frac{1}{2}$ right stepping forward on right [4:30]
5 Step left to left side straightening to [6:00]
6& Cross rock right behind left, Recover on left
7-8 Sway right, Sway left *Restart Wall 5

S5: SIDE/DRAG, BACK ROCK, SIDE/DRAG, BACK ROCK, FWD ROCK, & CROSS ROCK, &

1-2& Long step to right side, Cross rock left behind right, Recover on right
3-4& Long step to left side, Cross rock right behind left, Recover on left
5-6& Rock forward on right, Recover on left, $\frac{1}{4}$ right stepping right to right side [9:00]
7-8& Cross rock left over right, Recover on right, Step left to left side

S6: WALK, STEP $\frac{1}{2}$, $\frac{1}{4}$, BACK ROCK, R DOROTHY, L DOROTHY

1-2& Walk forward on right, Step forward on left, $\frac{1}{2}$ pivot right [3:00]
3-4& $\frac{1}{4}$ right stepping left to left side [6:00], Cross rock right behind left, Recover on left
5-6& Step forward on right to right diagonal, Lock left behind right, Step forward on right
7-8& Step forward on left to left diagonal, Lock right behind left, Step forward on left [6:00]

RESTART: Dance 32 counts of Wall 5 then restart the dance facing [6:00]

ENDING: Dance 16 counts of Wall 7, then unwind $\frac{3}{4}$ right to finish facing [12:00]

Thank you to Margaret Hains for suggesting the music

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