Lonely Side of Town



拍數: 32 牆數: 4 級數: High Beginner

編舞者: Janet Cummings (USA) - 30 October 2021

音樂: Lonely Side of Town (feat. Gladys Knight) - Old Dominion



Intro: 16 Counts - No Tags/Restarts

Weight on Left...

BOX, CROSS

SECTION 1: SIDE, BEHIND, SIDE, HEEL RAISE; SIDE, BEHIND, SIDE, HEEL RAISE

1, 2, 3 R Step to Side, L Step Behind, R Step to Side

&4 With weight on both feet and knees relaxed - Raise Both Heels (&) and Drop (4)

5, 6, 7 L Step to Side, R Step Behind, L Step to Side,

With weight on both feet and knees relaxed Raise Both Heels (&) and Drop (8)

***Note: Have fun with the heel raises...split knees, raise/drop your shoulders, palms up/ down, etc.

SECTION 2: VAUDEVILLE; SIDE ROCK, RECOVER, REVERSE PIVOT

1, 2	R Step to Side, L Step Behind
&3	R Step Quickly Back (&) Tap L Heel Forward (3)
&4	L Step Quickly Back (&), R Foot Cross (4)
5, 6	L Rock to Side, R Recover

7, 8 Position L Toe Behind R Heel, Turn ½ Left with Weight on Balls of Both Feet - End With

Weight on L

Weight on L

SECTION 3: VAUDEVILLE; SIDE ROCK, RECOVER, REVERSE PIVOT

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1, 2	R Step to Side, L Step Behind
&3	R Step Quickly Back (&) Tap L Heel Forward (3)
&4	L Step Quickly Back (&), R Foot Cross (4)
5, 6	L Rock to Side, R Recover
7, 8	Position L Toe Behind R Heel, Turn 1/2 Left with Weight on Balls of Both Feet - End With

SECTION 4: R ROCK, RECOVER, SWITCH (&), L ROCK, RECOVER, SWITCH (&); RIGHT 1/4 TURN JAZZ

1, 2	R Rock Forward, L Recover
&	Switch - Quickly Step Back on R
3, 4	L Rock Forward, R Recover
&	Switch - Quickly Step Back on L

5, 6, 7, 8 Jazz Box - Cross R over L, Step L Back, Turn 1/4 Right - R Step to Side, L Cross Over R

***Alternate Track Choices: Miss Me More, Kelsea Ballerini, Bpm 96

Wild Ones, Flo Rida, Bpm 127

And the beat goes on! Be safe and well everyone, have fun - keep dancing! God bless.

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