

Lonely Inside

拍數: 64 牆數: 4 級數: Improver
編舞者: Antoinette Claassens (NL) - December 2021
音樂: Right here, right now - Stefan Van Den Hout



Intro: Starts on the song

Skate R L, shuffle forward, skate L R, Shuffle forward

1 - 2 RF skate - LF skate
3 & 4 RF step fwd - LF close RF step fwd
5 - 6 LF skate - RF skate
7 & 8 LF step fwd - RF close - LF step fwd

RF Cross over, step back, chassé R - LF cross over, step back, chassé L

1 - 2 RF cross over - LF step back
3 & 4 RF step R side - LF close - RF step R side
5 - 6 LF cross over - RF step back
7 & 8 LF step L side - RF close - LF step L side

Forward rock step, shuffle 1/2 turn R, Step fwd 2x 1/2 turn R, mambo step fwd

1 - 2 RF rock fwd - recover on LF
3 & 4 RF step back 1/4 R - LF close - RF step fwd 1/4 R
5 - 6 LF step back 1/2 R - RF step fwd 1/2 R
7 & 8 LF rock fwd - recover on RF - LF close * restart punt

Mambo step forward, mambo step back, Mambo cross R side, mambo cross L side

1 & 2 RF rock fwd - recover on LF - RF close
3 & 4 LF rock back - recover on RF - LF close
5 & 6 RF rock R side - recover on LF - RF cross over
7 & 8 LF rock L side - recover on RF - LF cross over

Step forward, pivot 1/4 L (x2), jazzbox cross

1 - 2 RF step fwd - RF+LF turn 1/4 L
3 - 4 RF step fwd - RF+LF turn 1/4 L
5 - 6 RF cross over - LF step back
7 - 8 RF step R side - LF cross over

Point R, close 1/4 R, side mambo cross (x2)

1 - 2 RF point R - close 1/4 turn R
3 & 4 LF rock L side - recover on RF - LF cross over
5 - 6 RF point R - close 1/4 turn R
7 & 8 LF rock L side - recover on RF - LF cross over

Step R side, cross behind, chassé 1/4 R, step forward, pivot 3/4 R, chassé L

1 - 2 RF step R side - LF cross behind
3 & 4 RF step R side - LF close - RF step fwd 1/4 R
5 - 6 LF step fwd - LF+RF turn 3/4 R
7 & 8 LF step L side - RF close - LF step L side

Cross rock behind, kick-ball-cross, side rock, Sailor touch 1/4 turn R

1 - 2 RF cross rock behind - recover on LF
3 & 4 RF kick diagonal R fwd - RF step on ball - LF step next

5 - 6 RF rock R side - recover on LF

7 & 8 RF cross behind 1/4 turn R - LF step L side - RF touch next to LF

Start over again!

Restart: in the 5th wall after session 3 (= after 24 counts)

Finish: at the end of the song after session 1 [3] dance a jazzbox with 1/4 turn L to the start wall [12] and touch next.
