

Lonely for Long

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jan Brookfield (UK) - June 2024
音樂: Lonely for Long - Zach Top



Dance starts on vocals

SECTION 1: (SIDE, TOUCH) x 2, CHASSE RIGHT, ROCK BACK, RECOVER

1,2,3,4 Step R to right side, touch L next to R, step L to left side, touch R next to L
5&6,7,8, Step R to right side, close L to R, step R to right side; rock L back, recover onto R

SECTION 2: 4 STEP GRAPEVINE LEFT, CHASSE LEFT, ROCK BACK, RECOVER

1,2,3,4 Step L to left side, step R behind L, step L to side, step R across L
5&6,7,8 Step L to left side, close R to L, step L to left side; rock R back, recover onto L

SECTION 3: MONTEREY TURN ¼ RIGHT, ROCK BACK, RECOVER, KICK-BALL-STEP

1,2 Point R toe to right side, step on R making a quarter turn right (now facing 3 o'clock)
3,4 Point left toe to left side, step on L in place
5,6,7&8 Rock back on R, recover onto L; kick R forward, step back on R, step L forward

RESTART HERE ON WALL 9 - you will be facing 3 o'clock

SECTION 4: 2 x PADDLE ¼ TURNS LEFT, JAZZ BOX CROSS

1,2,3,4 (Step R forward, swivel both feet ¼ left) x 2 (now facing 9 o'clock)
5,6,7,8 Step R across in front of L, step L back, step R to side, syoutep L across in front of R

START OVER

PLEASE NOTE THE RESTART: on wall 9, facing 12 o'clock

- Dance sections 1 & 2 as normal
- Section 3, dance only steps 1-8 (Monterey ¼ Turn, Back Rock, Recover, Kick-Ball-Step)
- Facing 3 o'clock RESTART THE DANCE FROM SECTION 1

CHOREOGRAPHER'S NOTE : Can also be danced successfully WITHOUT THE RESTART if preferred.

Last Update: 12 Jul 2024 - R2