

# Mrs Lonely

**COPPER** **KNOB**  
BY STEPSHEETS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Alexis Strong (UK) & Claire Bell (UK) - October 2024  
音樂: Mrs. Lonely - Nathan Wilson



Start On Word LITTLE approx. 10 Secs

## [1-8] R SIDE TOGETHER, R CHASSE, CROSS ROCK RECOVER , 1/4 TURN SHUFFLE

1-2            Step R To R (1), step L next to R (2)  
3&4           Step R to R side(3), step L next to R (&), Step R to R side (4)  
5-6           Cross rock L over R (5), recover weight on R (6)  
7&8           Step forward on L making 1/4 Turn L (7), step R next to L (&), step forward on L (8) 9:00

## [9-16] STEP R FWD, 1/2 TURN, SHUFFLE BACK, BACK ROCK, RECOVER, FULL TURN R, (SIMPLE OPTION WALK FWD L, R)

1-2            Step forward on R (1), step back on L making 1/2 turn R (2)  
3&4           Step back on R (3), step L next to R (&), step back on R (4) 3:00  
5-6           Rock back on L (5), recover weight on R (6)  
7-8           Step back on L making 1/2 turn R (7), step forward on R making 1/2 turn R (Travelling Fwd)  
                 (8) 3:00

(Or Walk L Walk R)

## [17-24] L FWD ROCK, L SIDE ROCK, L BACK ROCK, PIVOT 1/4 TURN R.

1-2            Rock forward on L (1), recover weight on R (2)  
3-4            Rock L to L side (3), recover weight on R (4)  
5-6            Rock back on L (5), recover weight on R (6)  
7-8            Step forward on L (7), pivot 1/4 turn R (weight on R) (8) 6:00

## [25-32] WEAWE, CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE.

1-2            Cross L over R (1), step R to R side (2)  
3-4            Cross L behind R (3), step R to R side (4)  
5-6            Cross rock L over R (5), recover weight on R (6)  
7&8           Step forward on L making 1/4 turn L(7), step R next to L (&), step forward on L (8) 3:00  
                 \*RESTART

**\*R\* HERE ON WALLS 3&5\***

## [33-40] SIDE HEEL BOUNCE, SIDE HEEL BOUNCE, SIDE 1/4 TURN L, HOOK, L SHUFFLE FORWARD

1&2           Step R to R side (Dip Down) (1), raise and swivel L heel in (&), drop L heel (2)  
3&4           Step L to L side (dip down) (3), raise and swivel R heel in (&) drop R heel (4)  
5-6           Step R to R side (5), making a 1/4 turn L hook L above R (6) 12:00  
7&8           Step forward on L (7), step R next to L (&), step forward on L(8)

## [41-48] STEP 1/4 PIVOT TURN, CROSS R SHUFFLE, L SIDE ROCK, RECOVER, BEHIND SIDE CROSS

1-2            Step forward on R (1), pivot 1/4 turn L (weight on L) (2) 9.00  
3&4           Cross R over L (3), step L to L side (&), cross R over L (4)  
5-6           Rock L to L side (5), recover weight on R (6)  
7&8           Cross L behind R (7), Step R to R side (&), cross L over R (8) 9:00

**\*RESTARTS ON WALL 3&5 AFTER 32 COUNTS**

**END DANCE ON WALL 7 AFTER COUNT 24 & CROSS L OVER R 12:00**

**ENJOY**

Last Update: 2 Oct 2024

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