

# Lonely Long

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 2      級數: Improver  
編舞者: Heather Barton (SCO) & Michael Lynn (UK) - October 2024  
音樂: Lonely Long - Twinnie



(16 count intro - 10 secs approx)

## SEC 1 BACK, BACK, COASTER STEP, STEP, 1/2 PIVOT, 1/4 STEP, BACK CROSS SHUFFLE

1-2            Walk back right as you fan left foot right to left, walk back left as you fan right foot left to right  
3&4           Step back right, close left beside right, step forward right  
5-6           Step forward left, pivot 1/2 right (6:00)  
7              1/4 turn right stepping left to left side (9:00)  
8&1           Cross right behind left, step left to left side, cross left behind right

## SEC 2 SIDE, CROSS SHUFFLE, 1/4 LARGE STEP DRAG, BALL WALK, WALK

2              Step left to left side  
3&4           Cross right over left, step left to left side, cross right over left  
5-6           1/4 turn right as you take a large step back on the left, drag right towards left (12:00)  
&7-8          Step right next to left, walk forward left, walk forward right

**RESTART: On wall 2 dance upto Section 2, Count 7 and change count 8 to a right touch (weights left to start again)**

## SEC 3 SYNCOPATED ROCK RECOVER, ROCK RECOVER, CROSS, 1/4 STEP, 1/4 STEP, WALK

1-2&          Rock left to left side, recover right, step left beside right  
3-4           Rock right to right side, recover left  
5-6           Cross right over left, 1/4 turn right stepping back left (3:00)  
7-8           1/4 turn right stepping forward right, step forward left (6:00)

## SEC 4 SHUFFLE, ROCK RECOVER, FULL TRIPLE TURN, ROCK RECOVER

1&2           Step forward right, close left beside right, step forward right  
3-4           Rock forward left, recover right  
5&6           Full triple turn left – stepping L R L  
7-8           Rock forward right, recover left

**OPTION: For those that don't turn you can replace counts 5&6 with a left coaster step**

**\*RESTART: On wall 2 dance upto Section 2, Count 7 and change count 8 to a right touch (weights left to start again – facing 6:00)**