

# Lonely (P)

**COPPER KNOB**  
STEPSHEETS

拍數: 52      牆數: 0      級數: Partner  
編舞者: Norma Jean Fuller (USA) & Lewis Cain (USA)  
音樂: He's Got You - Brooks & Dunn



Position: Sweetheart Position (Footwork is the same unless otherwise noted.)

## CROSS OVER ROCK, CHA-CHA IN PLACE, CROSS OVER ROCK, CHA-CHA IN PLACE

- 1 Cross step right over left turning at a 45 degree angle to left
- 2 Rock back on left
- 3 Step right next to left
- & Step left in place
- 4 Step right in place
- 5 Cross step left over right turning at a 45 degree angle to right
- 6 Rock back on right
- 7 Step left next to right
- & Step right next to left
- 8 Step left foot in place

## SHUFFLES FORWARD

- 1-2 Shuffles forward (right-left-right)
- 3-4 Shuffles forward (left-right-left)
- 5-6 Shuffles forward (right-left-right)
- 7-8 Shuffles forward (left-right-left)

## ROCK FORWARD ON RIGHT, ROCK BACK ON RIGHT, ROCK BACK ON RIGHT, ROCK FORWARD ON LEFT, (ROCK WITH A SWAYING MOTION)

- 1 Rock step forward on right
- 2 Rock back on left
- 3 Rock step back on right
- 4 Rock step forward on left

## STEP PIVOT, VINE RIGHT, SWAY, SWAY, CHA-CHA-CHA OR HIP-HIP-HIP

- 1 Step forward on right, pivoting  $\frac{1}{4}$  turn right (facing OLOD)
- 2 Step left on left
- 3 Cross right foot behind left
- 4 Step to the left on left foot (swaying with this step)
- 5 Sway to the right on right foot
- 6 Sway to the left on left foot
- 7-8 Cha-cha-cha in place (right-left-right) variation hip, hip, hip

## LADY'S FULL TURN TO THE LEFT, MEN VINE LEFT, LADY'S FULL TURN TO THE RIGHT, MEN VINE RIGHT

Men lift hands above lady's head and lady places hers under his as she executes her turn. Bring hands out "spread eagle style" after each turn is complete.

- 1 **MAN:** Step to the left on left (turning  $\frac{1}{4}$  turn left)  
**LADY:** Step to the left on left
- 2 **MAN:** Step right across left (turning  $\frac{1}{2}$  turn left)  
**LADY:** Step right behind left
- 3 **MAN:** Step left to left (turning  $\frac{1}{4}$  turn left)  
**LADY:** Step left foot to left
- 4 **MAN:** Touch right next to left

- LADY:** Touch right next to left
- 5 **MAN:** Step to the right on right (turning  $\frac{1}{4}$  turn right)
- LADY:** Step to right on right
- 6 **MAN:** Step left across right (turning  $\frac{1}{2}$  turn right)
- LADY:** Step left behind right
- 7 **MAN:** Step right to right (turning  $\frac{1}{4}$  turn right)
- LADY:** Step right foot to right
- 8 **MAN:** Touch left next to right
- LADY:** Touch left next to right

#### **STEP SLIDE, STEP TOUCH, STEP SLIDE, STEP TOUCH**

**Right hands on lady's waist, left hands extended and head facing LOD**

- 1 Step to the left on left
- 2 Slide right next to left
- 3 Step to the left on left
- 4 Touch right next to left

**Left hands on lady's waist, right hands extended and head facing RLOD**

- 5 Step to the right on right
- 6 Slide left next to right
- 7 Step to the right on right
- 8 Touch left next to right

#### **STEP, TOUCH, STEP, STEP, TOUCH**

**Use the next 4 steps with a swaying motion. Put hands on lady's waist.**

- 1 Step to the left on left foot
- 2 Touch right toe next to left foot
- 3 Step to the right on right foot
- 4 Touch left toe next to right foot

#### **LADY TURNS 1 $\frac{1}{4}$ TURN UNDER MAN'S RIGHT ARM, MAN VINES WITH $\frac{1}{4}$ TURN LEFT**

- 1 **MAN:** Step to the left (pivot  $\frac{1}{4}$  turn left)
- LADY:** Step to left on left
- 2 **MAN:** Step right across left turning  $\frac{1}{2}$  turn left
- LADY:** Step right behind left
- 3 **MAN:** Step left behind right turning  $\frac{1}{2}$  turn left
- LADY:** Step to left on left (turning  $\frac{1}{4}$  turn left)
- 4 **MAN:** Touch right toe to right side
- LADY:** Touch right toe to right side

**REPEAT**

---