

Lonely

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Double D (UK) & Trags (UK)
音樂: Till All The Lonely's Gone - Nadine Somers



RIGHT CHASSE, LEFT CHASSE, BACK ROCK, ½ TURN STEP

1&2 Right chasse
3&4 Left chasse
5-6 Rock back on right, step forward on left
7-8 ½ turn over left shoulder stepping right, left

ROCK FORWARD BACK, CHASSE ¼ TURN, ROCK FORWARD BACK, STEP HITCH, STEP HITCH

9-10 Cross rock right over left, replace weight to left
11&12 Right chasse making ¼ turn to the right
13-14 Rock forward on left, replace weight to right
15&16& Step back on left, hitch right knee, step back on right, hitch left knee

LEFT SHUFFLE, RIGHT SHUFFLE, ROCK, ROCK, BODY ROLL

17&18 Shuffle forward stepping left, right, left
19&20 Shuffle forward stepping right, left, right
21-22 Rock weight to left side, rock weight to right side
23-24 Body roll, rolling weight from hips to shoulders

¼ TURN SHUFFLE, ½ TURN SHUFFLE, WALK BACK LEFT RIGHT, FORWARD SHUFFLE

25&26 ¼ turn to left, forward shuffle stepping left right left
27&28 ½ turn over left shoulder, shuffle back stepping right left right
29-30 Walk back on left right
31&32 Forward shuffle stepping left right left

REPEAT

TAG

To be danced following 1st, 4th and 8th sequence:

FORWARD BACK TOGETHER, BACK FORWARD TOGETHER, ROCK FORWARD, ROCK BACK

1&2 Rock forward on right, step back on left, step right next to left
3&4 Rock back on left, step forward on right, step left next to right
5-6 Rock forward on right, replace weight to left
7-8 Rock back on right, replace weight to left