

Lonely

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Therese Scharff Stripp & Tenna Stripp Severinsen
音樂: Lonely - Akon



RIGHT KICK & CROSS TWICE, ¼ TURN, ¼ TURN, CROSS SHUFFLE

- 1&2 Kick right diagonally forward (2:00), step slightly back on right. Cross step left over right
- 3&4 Kick right diagonally forward (2:00), step slightly back on right. Cross step left over right
- 5 Turn ¼ left stepping back on right
- 6 Turn ¼ left stepping left to left side
- 7&8 Cross right over left, step left slightly to left side, cross right over left

2X LEFT KICK BALL CROSS, LEFT ROCK STEP, CROSS SHUFFLE

- 1&2 Kick left diagonally forward (4:00), step slightly back on left. Cross step right over left
- 3&4 Kick left diagonally forward (4:00), step slightly back on left. Cross step right over left
- 5-6 Rock left to left side, recover on right
- 7&8 Cross left over right, step right slightly to right side, cross left over right

WALK FORWARD RIGHT, LEFT, WALK BACK RIGHT, LEFT, KNEE POP WITH ¼ TURN, RIGHT PRESS STEP

- 1-2 Walk forward right, left - shoulder width apart; on right stretch right arm down and slightly out, with palm of hand to front, on left stretch left arm down and slightly out, with palm of hand to front
- 3-4 Walk back right, left - shoulder width apart; on right place right palm over heart, on right place left palm on top of right palm over heart
- 5&6 Pop right knee out, in, out - on last knee pop "out" turn ¼ turn right, weight on left
- 7-8 Press on right with head down, recover on left with both arms stretched up and out

RIGHT LOCK STEP, LEFT LOCK STEP, RIGHT STEP TURN TWICE

- 1&2 Step right foot forward, step left behind right, step right foot forward
- 3&4 Step left foot forward, step right behind left, step left foot forward
- 5-6 Step forward on right, ½ turn left ending with weight on left
- 7-8 Step forward on right, ½ turn left ending with weight on left

REPEAT