

# Lonely Cha Cha (P)

**COPPER** **KNOB**  
BY STEPHEN T. C.

拍數: 40      牆數: 1      級數: Beginner partner dance  
編舞者: Flo Reding (USA)  
音樂: The Lonely - Robert A. Welch & Helen Reisen



**Position: Begin in closed dance position**

## **ROCK STEP, CHA-CHA-CHA, ROCK STEP, CHA-CHA-CHA**

1            **MAN:** Step forward on left foot  
              **LADY:** Step back on right foot  
2            **MAN:** Rock back on right foot  
              **LADY:** Rock forward on left foot  
3&4        **MAN:** Cha-cha back left-right-left  
              **LADY:** Cha-cha forward right-left-right  
5            **MAN:** Step back on right foot  
              **LADY:** Step forward on left foot  
6            **MAN:** Rock forward on left foot  
              **LADY:** Rock back on right foot  
7&8        **MAN:** Cha-cha forward right-left-right  
              **LADY:** Cha-cha back left-right-left

## **ROCK STEP, WRAP, ROCK STEP UNWRAP**

**On first rock step couple begins double hand hold**

9            **MAN:** Step forward on left foot  
              **LADY:** Step back on right foot  
10          **MAN:** Rock back on right foot  
              **LADY:** Rock forward on left foot  
**Man lifts lady's right hand and places her in wrap position at his right side**  
11&12      **MAN:** Cha-cha in place wrapping lady right side left-right-left  
              **LADY:** Lady makes left/2 turn to left on cha-cha-cha right-left-right  
13          **MAN:** Step back on right foot  
              **LADY:** Step back on left foot  
14          Rock forward on left foot  
              **LADY:** Rock forward on right foot  
15&16      **MAN:** Cha-cha in place unwrapping lady right-left-right  
              **LADY:** Lady makes left/2 turn to right on cha-cha left-right-left

## **ROCK STEPS, SHUFFLES, ROCK STEP SHUFFLES**

17          **MAN:** Step forward on left foot  
              **LADY:** Step back on right foot  
18          **MAN:** Rock back on right foot  
              **LADY:** Rock forward on left foot  
19&20      **MAN:** Left lead shuffle back left-right-left  
              **LADY:** Right lead shuffle forward right-left-right  
21&22      **MAN:** Right lead shuffle back right-left-right  
              **LADY:** Left lead shuffle forward left-right-left  
23&24      **MAN:** Left lead shuffle back left-right-left  
              **LADY:** Right lead shuffle forward right-left-right  
25          **MAN:** Step back on right foot  
              **LADY:** Step forward on left foot  
26          Rock forward on left foot

27&28      **LADY:** Rock back on right foot  
              **MAN:** Right lead shuffle forward right-left-right  
              **LADY:** Left lead shuffle back left-right-left  
29&30      **MAN:** Left lead shuffle forward left-right-left  
              **LADY:** Right lead shuffle back right-left-right  
31&32      **MAN:** Right lead shuffle forward  
              **LADY:** Left lead shuffle back left-right-left

**ROCK STEP, CHA-CHA-CHA, LADY TURNS, CHA-CHA-CHA**

33            **MAN:** Step forward on left foot  
              **LADY:** Step back on right foot  
34            **MAN:** Rock back on right foot  
              **LADY:** Rock forward on left foot  
35&36      **MAN:** Cha-cha back left-right-left  
              **LADY:** Cha-cha forward right-left-right

**Drop lady's left hand, man lifts his left hand and turns lady under the arm  
Lady does full turn to the right on next two counts**

37            **MAN:** Step back on right foot  
              **LADY:** Step on left foot  
38            Rock forward on left foot  
              **LADY:** Step on right foot  
39&40      **MAN:** Cha-cha in place right-left-right and resume closed dance position  
              **LADY:** Cha-cha in place left-right-left and resume closed dance position.

**REPEAT**

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