

# The Lonely Cha-Cha

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Chris Hodgson (UK)  
音樂: Never Be Lonely Again - Kris Kelly



## ROCK STEPS AND TRIPLE STEPS

1-2      Rock right foot forward, rock left foot back  
3&4      Triple step in place-right, left, right  
5-6      Rock left foot forward, rock right foot back  
7&8      Triple step in place-left, right, left

## SIDE ROCK STEPS AND TRIPLE STEPS

1-2      Rock right foot to right side, rock onto left foot  
3&4      Triple step in place-right, left, right  
5-6      Rock left foot to left side, rock onto right foot  
7&8      Triple step in place-left, right, left

## TOE TOUCH, HEEL, HOOK, SHUFFLE FORWARD

1-2      Touch right toes to right side, touch right toe next to left  
3-4      Touch right heel diagonally forward, hook right heel in front of left knee  
5&6      Shuffle forward-right, left, right

## TOE TOUCH, HEEL, HOOK, SHUFFLE FORWARD

1-2      Touch left toes to left side, touch left toe next to right  
3-4      Touch left heel diagonally forward, hook left heel in front of right knee  
5&6      Shuffle forward-left, right, left

## ROCK STEPS, 1 ½ TURN BACKWARDS, HIP SWAYS

1-2      Rock right foot forward, rock left foot back  
3-4      On ball of left foot, turn ½ turn right and step down on right foot, on ball of right foot, turn ½ turn right and step down on left foot,  
5-6      On ball of left foot, turn ½ turn right and step down on right foot and swaying hips to right side, step onto left foot swaying hips to left side  
7-8      Step onto right foot swaying hips to right side, touch left toes next to right foot

## HIP SWAYS

1-2      Step left foot to left side swaying hips to left, step onto right foot swaying hips to right side  
3-4      Step onto left foot swaying hips to left side, touch right foot next to left

## RONDE, TRIPLE STEP X 2

1-2      Touch right toe forward, sweep right toe around in a ½ circle turning right  
3&4      Triple step in place-right, left, right  
5-6      Touch left toe forward, sweep left toe around in a ½ circle turning left  
7&8      Triple step in place-left, right, left

## ROCK STEPS, STEP, PIVOT X 2

1-2      Rock right foot forward, rock back onto left foot  
3-4      Rock back onto right foot, rock left foot forward  
5-6      Step right foot forward, pivot ½ turn left  
7-8      Step right foot forward, pivot ½ turn left

## ROCK STEPS, SWEEP, CROSS, UNWIND

- 1-2 Rock right foot forward, rock back onto left foot
- 3-4 Rock back onto right foot, rock left foot forward
- 5-6 Sweep right foot across in front of left foot over 2 counts
- 7-8 Unwind  $\frac{3}{4}$  turn left on balls of both feet over 2 counts

**REPEAT**

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