

Lonely Days

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Edwin Cheow (MY)
音樂: Seven Lonely Days (Remix) - Debbie Gee



STEP RIGHT FORWARD, STEP LEFT FORWARD, STEP RIGHT BACK IN PLACE, STEP LEFT TOGETHER

1-2 Step right diagonally forward, hold (push hands up right)
3-4 Step left diagonally forward, hold (push hands up left)
5-6 Step right back in place, hold (push hands down right)
7-8 Step left beside right, hold (push hands down left)

SIDE TOGETHER, SIDE TOUCH, SIDE TOGETHER, SIDE TOUCH

Rows hands and snap for each 4 steps

1-2 Step right to right side, step left together
3-4 Step right to right side, touch left beside right
5-6 Step left to left side, step right together
7-8 Step left to left side, touch right beside left

FORWARD RIGHT MAMBO, KICK LEFT, LEFT COASTER STEP

1-2 Step right forward recover on left
3-4 Step right together, hold
&5-6 Kick left forward, step left back, step right together
7-8 Step left forward, hold

SCISSORS STEP RIGHT, SNAP FINGERS, BOUNCE ¼ TURN LEFT

1-2 Step right to right, step left together
3-4 Cross right over left, hold (snap fingers)
5-6 Bounce twice 1/8 turn
7-8 Bounce twice 1/8 turn

SWIVEL LEFT-RIGHT-LEFT, CLOSE TOGETHER, JUMP/HOLD (HANDS CLOSE LEFT, RIGHT AND OPEN UP TOGETHER)

1-2 Skate left right
3-4 Skate left, jump and close two feet together
5-6 Hold (left hand close forward on chest level, right hand close on left)
7-8 Bounce up and down twice (left and right open up, hold/shake up and down twice)

MAMBO LEFT, HOLD, MAMBO RIGHT, HOLD (HANDS DO THE MAMBO)

1-2 Step left to left, recover
3-4 Step left together, hold
5-6 Step right to right, recover
7-8 Step right together, hold

APPLEJACKS LEFT 2 TIMES O-C, APPLEJACKS LEFT O-C-O (OPTION: TWIST)

1-2 Heels together and toes apart, hold (clap)
3-4 Toes together and heels apart, hold (clap)
5-6 Heel together, toes together
7-8 Heels together, hold (clap)

BOUNCE LEANING SHOULDER RIGHT, BOUNCE LEANING SHOULDER LEFT

1-4 Bounce 4 times leaning shoulder to the right (clap/snap)

5-8 Bounce 4 times leaning shoulder to the left (clap/snap)

REPEAT

TAG 1

Starting of 3rd wall

1-4 Cross left leg behind right, ½ turn left back to 1st wall

TAG 2

Starting of 8th wall

1-2 Step right diagonally forward, hold (push hands up right)

3-4 Step left diagonally forward, hold (push hands up left)

5-8 Walk back 4 steps (throw hands down 4 times)
