

# The Lonely Heart

**COPPER** KNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate/Advanced  
編舞者: Don McRitchie (AUS)  
音樂: Somewhere Between - Suzy Bogguss



## LEFT BACK LOCK, RIGHT BACK LOCK

1-3      Step diagonally back left on left, lock right in front of left, step back diagonally left on left  
4-6      Step diagonally back right on right, lock left in front of right, step back diagonally right on right

## ¼ TURN LEFT, TOGETHER, ¼ TURN LEFT, FORWARD

7-9      Making ¼ turn left step left to the side, step right beside left, making ¼ turn left step left forward

## ROCK BACK, ½ TURN LEFT, TOGETHER, FORWARD WALTZ STEP

10-12      Rock back on right, making ½ turn left step left forward, step right beside left  
13-15      Waltz forward left-right-left

## BACK, ½ TURN LEFT, FORWARD, LOCK

16-17&18      Step back on right, making ½ turn left step forward on left, step right slightly in front of the left, on the balls of both feet make ½ turn left and lock left in front of right

**This is a tight lock in place, now facing 12:00**

## ¼ TURN LEFT, SIDE, DRAG, FORWARD, FORWARD LOCK, FORWARD

19-21      Making ¼ turn left step back on right, step left to the side, drag right beside left (no weight)  
22-23&24      Step forward on right, step forward on left, on the & beat lock right behind left, step forward on left

## FORWARD, ½ TURN RIGHT, ROCK

25-27      Step forward on right, making ¼ turn right step left to the side, rock right in place

## FRONT CROSS, SIDE, BACK CROSS

28-30      Cross left in front of right, step right to the side, cross left behind right (ending weight on left)  
31-33      Recover weight on to right, step left to left side, cross right behind left (weight ending on right)

## RECOVER, SHUFFLE RIGHT

34-35&36      Recover weight on to left, shuffle right right-left-right,

## CROSS, SIDE BEHIND

37-39      Cross left in front of right, step right to the side, step left behind right (ending weight on left)

## RECOVER, SHUFFLE LEFT

40-41&42      Recover weight on to right, shuffle left (left-right-left)

## ROCK FORWARD, BACK, ½ TURN RIGHT, & WALTZ FORWARD

43-44-45      Rock forward on to right, rock back on left, making ½ turn right step forward on right

## & FORWARD LEFT-RIGHT-LEFT

&46-48      On the & beat step left beside right, waltz forward right-left-right

## REPEAT

## TAG

At the beginning of the 4th wall, facing the back

## **SAILOR STEPS**

1-3 Step left behind right, step right to the side, step left in place

4-6 Step right behind left, step left to the side, step right in place

1-6 Repeat the last 6 steps

**Begin the dance again**

## **FINISH**

**To finish at the front, dance the first 6 steps of the dance, cross left behind right and slowly unwind  $\frac{1}{2}$  turn left to finish facing the front**

**Ballroom dancers may find steps 17&18 easier to do as a reverse heel turn and a backward turning lock followed by the hesitation drag**

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