

# Lonely No More

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Neville Fitzgerald (UK), Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK)  
音樂: Lonely No More - Rob Thomas



Sequence: 32 Tag 32 16 32 32 16 32 32 32

## STEP, RIGHT LOCK STEP, ½ TURN POINT, & STEP ¾, SWEEP BEHIND & CROSS

- 1 Step forward on left
- 2&3 Step forward on right, lock left behind right, step forward on right
- 4 Pivot ½ turn to right pointing left to left side (6:00)
- &5-6 Step left next to right, step forward on right, pivot ¾ turn to left sweeping left round & behind (9:00)
- 7&8 Cross step left behind right, step right to right side, cross step left over right

## BUMP & ¼ TURN, KICK & STEP, SAILOR ½ TURN, & PRESS, ¼ TURN

- 1&2 Bump hips right, left, then bump back as you make ¼ turn to left (weight on right) (6:00)
- 3&4 Kick left forward, step left next to right, step forward on right
- 5&6 Make ¼ turn to left stepping left behind right, ¼ turn to left stepping right next to left step forward on left. (sailor ½) (12:00)
- &7-8 Tap right next to left, press forward on right, make ¼ turn to left as you step left a large step to left side dragging right toward left (9:00)

## TWINKLE ½ TURN, ROCK, RECOVER, & CROSS & TOUCH, ½, ¼ HITCH

- 1&2 Cross step right over left, make ¼ turn to right stepping back on left, ¼ turn to right stepping right to right side (3:00)
- 3-4 Cross rock left over right, recover on right
- &5 Step left to left side, cross step right over left
- &6 Step left to left side, touch right toe behind left
- 7-8 Unwind ½ turn to right taking weight on right, ¼ turn to right hitching left knee (12:00)

## CROSS ROCK ¼ TURN, ½, ½, STEP, BACK, ROCK & ½, POSE

- 1&2 Cross rock left over right, recover on right, make ¼ to left stepping forward on left (9:00)
- 3&4 Make ½ turn to left stepping back on right, ½ turn to left stepping forward on left, step forward on right (9:00)
- 5 Step back on left
- 6&7 Rock back on right, recover on left, make ½ turn to left stepping back on right (3:00)
- 8 Touch left in front of right (knee bent)

## REPEAT

### TAG

End of wall 1 to be danced only once

- 1 Step forward on left
- 2&3 Step forward on right, ½ turn to left stepping forward on left, ½ turn left stepping back on right
- 4 Touch left in front of right (knee bent)

### TAG

At end of wall 2 & wall 5 instead of starting from count 1 dance the last 16 counts again. i.e. From Count 32 add

- & Step left to left side

Then dance from count 17

17 Twinkle ½ turn

**This will happen facing the back wall both times & turn you to face front again**

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