

Lonely Too Long

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Improver
編舞者: Lyn Cooper, Karen Norris (AUS) & Renata Yates (AUS)
音樂: Don't Leave Her Lonely Too Long - Gary Allan



ROCK BACK, ROCK FORWARD, RIGHT SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK, ½ LEFT SHUFFLE

1-2-3&4 Step back on right, rock forward on left, right shuffle forward stepping right-left-right
5-6-7&8 Rock forward on left, rock back on right, turning ½ left shuffle stepping left-right-left

PIVOT ½ LEFT, BRONCO, VINE TO RIGHT SIDE & HITCH LEFT

1-4 Step right forward, pivot ½ turn left, touch right toe to right side, hitch right across left knee
5-8 Step right to right side, step left behind right, step right to right side, hitch left

VINE TO LEFT SIDE WITH ¼ TURN LEFT, HITCH RIGHT VINE TO RIGHT SIDE WITH LEFT 45

1-4 Step left to left side, step right behind left, step left ¼ turn left, hitch right
5-8 Step right to right side, step left behind right, step right to right side, touch left heel at 45 degrees left

RIGHT 45, LEFT 45, HEEL SWITCHES, HOLD & CLAP

1-4 Step left together, touch right heel 45 degrees right, step right together, touch left heel 45 degrees left
&5&6 Step left together, touch right heel 45 degrees right, step right together, touch left heel 45 degrees left
&7-8 Step left together, touch right heel 45 degrees right, hold & clap

SIDE SHUFFLE RIGHT, ROCK BACK, ROCK FORWARD, SIDE SHUFFLE LEFT, ROCK BACK, ROCK FORWARD

1&2-3-4 Shuffle to right side stepping right-left-right, step back on left, rock forward on right
5&6-7-8 Shuffle to left side stepping left-right-left, step back on right, rock forward on left

RIGHT HEEL GRIND, ROCK BACK, ROCK FORWARD, PIVOT ½ LEFT, PIVOT ¼ LEFT

1-4 Touch right heel forward, grind right heel, step back on right, rock forward on left
5-8 Step forward on right, pivot ½ left, step forward on right, pivot ¼ left

HIP PUSHES

1-8 Two right hip pushes, two left hip pushes, push hips right-left-right-left

2 X CROSS HEEL GRINDS, CROSS UNWIND ½ LEFT, 2 X HEEL BOUNCES

1-4 Step right heel across in front of left & grind right heel, step left to left side, repeat
5-8 Step right across left, unwind ½ left, bounce heels twice

REPEAT
