

# Lonesome Fun

拍數: 0                      牆數: 1                      級數: Intermediate  
編舞者: Karl Cregeen (UK)  
音樂: Lonely's Never Been So Much Fun - The Dean Brothers



Sequence: A,A,B,B,A,A,B

## SECTION A

### KICK BALL-CHANGE, SHUFFLE FORWARD

- 1&2                      Kick forward with left foot, step down on the ball of the left as right foot lifts slightly off floor, right foot steps in place  
3&4                      Shuffle forward left, right, left

### ROCK STEP & COASTER STEP

- 5                        Step forward with right foot and rock forward  
6                        Rock back onto left foot  
7&8                      Step back with right foot, bring left in place next to right, step forward on right

### ½ PIVOT TURN

- 9                        Step forward on left foot  
10                       Turn ½ turn to the right (end with weight on right foot)

### KICK BALL-CHANGE, SHUFFLE FORWARD

- 11&12                   Kick forward with left foot, step down on the ball of the left as right foot lifts slightly off floor, right foot steps in place  
13&14                   Shuffle forward left, right, left

### ROCK STEP & COASTER STEP

- 15                       Step forward with right foot and rock forward  
16                       Rock back onto left foot  
17&18                   Step back with right foot, bring left in place next to right, step forward on right

### ½ PIVOT TURN

- 19                       Step forward on left foot  
20                       Turn ½ turn to the right (end with weight on right foot)

The next step is similar to the figure eight grapevine in Cruisin' but with the addition of a syncopation step.

### SYNCOPATED TURNING GRAPEVINE

- 21                       Step left to left side  
22                       Step right behind left  
&23                      Step left to left and step right over left foot  
24                       Step left to left side  
25                       Step right behind left  
26                       Step to left with left foot as you turn ¼ left  
27                       Step forward on right foot  
28                       Turn ½ turn to the left

### SYNCOPATED TURNING GRAPEVINE

- 29                       Step forward on right foot as you turn ¼ left  
30                       Step with left foot behind right foot  
&31                      Step right to right side, then left over right  
32                       Step to right side with right  
33                       Step left behind the right

- 34 Step to right with right foot as you turn  $\frac{1}{4}$  right
- 35 Step forward on left foot
- 36 Turn  $\frac{1}{2}$  turn to the right

**FORWARD SHUFFLE &  $\frac{1}{2}$  PIVOT LEFT**

- 37&38 Shuffle forward left, right, left
- 39 Step forward on right
- 40 Turn  $\frac{1}{2}$  turn to the left
- 41&42 Shuffle forward right, left, right
- 43 Step forward on left
- 44 Turn  $\frac{1}{2}$  turn to the right

**KICK BALL-CHANGE, STEP TURN**

- 45&46 Kick forward with left foot, step down on the ball of the left as right foot lifts slightly off floor, right foot steps in place
- 47 Step forward on left foot as you turn  $\frac{1}{4}$  right
- 48 Touch right next to left

**SIDE SHUFFLES & SYNCOPATIONS**

- 49&50 Side shuffle to right side on right, left, right
- 51&52 Cross left behind right foot, step to right side with right foot, cross left in front of right foot
- 53&54 Touch right heel forward, step back on right foot, cross left over right foot
- 55-56 Unwind to the right (end with weight on left)

**SIDE SHUFFLES & SYNCOPATIONS**

- 57&58 Side shuffle to right side on right, left, right
- 59&60 Cross left behind right foot, step to right side with right foot, cross left in front of right foot
- 61&62 Touch right heel forward, step back on right foot, cross left over right foot
- 63&64 Unwind to the right (weight on right)

**SECTION B**

**TWO  $\frac{1}{4}$  PIVOT TURNS & JAZZ BOX**

- 1 Step forward on left foot
- 2 Turn  $\frac{1}{4}$  to the right
- 3 Step forward on left foot
- 4 Turn  $\frac{1}{4}$  to the right
- 5 Step with left foot over right
- 6 Step back with right foot
- 7 Step to left with left foot
- 8 Touch right in place

**SYNCOPATION & POSE**

- 9&10 Touch right heel forward, step back on right, cross left over right
- 11-12 Touch right heel 45° to the right corner as you extend the arms either side of your body, palms down) (The pose step can be turned into a slide step to the side for the more energetic)

**COASTER STEP, STOMP & CLAP**

- 13&14 Step back on right foot, step in place next to right with left foot, step forward on right foot
- 15 Stomp left foot next to right (no weight)
- 16 Clap

**REPEAT**

