

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 ¼ right
- 35 Step forward on left foot
- 36 Turn ½ turn to the right

FORWARD SHUFFLE & ½ PIVOT LEFT

- 37&38 Shuffle forward left, right, left
- 39 Step forward on right
- 40 Turn ½ turn to the left
- 41&42 Shuffle forward right, left, right
- 43 Step forward on left
- 44 Turn ½ 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 ¼ 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 ¼ PIVOT TURNS & JAZZ BOX

- 1 Step forward on left foot
- 2 Turn ¼ to the right
- 3 Step forward on left foot
- 4 Turn ¼ 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

