

Lonesome Me

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Joanne Harris (UK)
音樂: Oh Lonesome Me - Scooter Lee



TOE STRUTS FORWARD, ROCKING CHAIR

1-4 Step right toe forward, drop right heel, step left toe forward, drop left heel
5-8 Rock forward onto right, recover onto left, rock back onto right, recover onto left

TOE STRUTS FORWARD, STEP FORWARD PIVOT ½, STEP, HOLD

1-4 Step right toe forward, drop right heel, step left toe forward, drop left heel
5-8 Step forward right, pivot ½ turn left, step forward right, hold

TOE STRUTS FORWARD, ROCKING CHAIR

1-4 Step left toe forward, drop left heel, step right toe forward, drop right heel
5-8 Rock forward onto left, recover onto right, rock back onto left, recover onto right

TOE STRUTS FORWARD, STEP FORWARD, PIVOT ¼, CROSS & HOLD

1-4 Step left toe forward, drop left heel, step right toe forward, drop right heel
5-8 Step left forward, pivot ¼ right, cross left over right, hold

WEAVE RIGHT, SIDE ROCK, CROSS, HOLD

1-4 Step right to right side, left behind right, step right to right side, cross left over right
5-8 Rock right out to right side, recover onto left, cross right over left, hold

WEAVE LEFT, ROCK RECOVER, ¼ TURN, STEP, HOLD

1-4 Step left to left side, step right behind left, step left to left side, cross right over left
5-8 Rock left to left side, recover onto right to make ¼ turn to right, step forward left, hold

SIDE TOGETHER CROSS, HOLD TWICE

1-4 Step right to right side, step left next to right, cross right over left, hold
5-8 Step left to left side, step right next to left, cross left over right, hold

STEP BACK ¼, HITCH AND CLAP, STEP FORWARD ½, HITCH AND CLAP, FORWARD COASTER STEP

1-2 Step back onto right to make a ¼ turn left (9 o' clock), hitch left foot (clap at same time)
3-4 Step forward left making ½ turn left, hitch right foot (clap at same time)
5-8 Step forward right, step forward left, step back right, step back left next to right (weight ending on left foot)

REPEAT
