

Lonesome Tonight

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Myriam Charlton (CAN)
音樂: Are You Lonesome Tonight? - Bryan Ferry



SIDE, HOLD, ROCK LEFT, RIGHT, LEFT, HOLD, ½ TURN RIGHT, 2 STEPS FORWARD

- 1-2 (S) Step right foot to right side and hold
- 3-4 (QQ) Shift weight to left side onto left foot, shift weight to right side onto right foot
- 5-6 (S) Shift weight to left side on to left foot and hold
- 7-8 (QQ) Pivot ½ turn right and make a long step forward with right foot, make a long step forward with left foot

STEP RIGHT FORWARD, HOLD, 1 ½ PROGRESSIVE TURN LEFT, STEP LEFT, HOLD, 2 STEPS DIAGONAL RIGHT

- 1-2 (S) Step right foot forward angling toes slightly to the right and hold
- 3-4 (QQ) Step back on left foot, pivot ½ turn to the left, step forward on right foot pivot 1 full turn to the left, a total of 1 ½ turn
- 5-6 (S) Step left foot to left side and hold
- 7-8 (QQ) Step right foot forward diagonal right, step left foot next to right

STEP DIAGONAL RIGHT, HOLD, CROSS, STEP BACK, SIDE LEFT, HOLD, FULL TURN TO LEFT

- 1-2 (S) Step right foot to diagonal right and hold
- 3-4 (QQ) Cross & step left foot over right, step back on right
- 5-6 (S) Step left foot to left side, and hold
- 7-8 (QQ) Cross right over left while turning a full turn to left, step left foot to left side

CROSS, HOLD, TWINKLE ¼ RIGHT, RONDE ¼ LEFT

- 1-2 (S) Cross and step right foot over left foot and hold
- 3-4 (QQ) Step left foot to left side turning ¼ turn to right, step right foot next to left
- 5-6 (S) Step left foot forward and across right foot and hold
- 7-8 (QQ) Sweep right foot into a ronde, while pivoting ¼ turn left

Weight is on left foot

BACK, SIDE, TOGETHER, STEP FORWARD, ROCK RIGHT WITH ¼ TURN LEFT, RECOVER ¼ TURN RIGHT

- 1-2 (S) Step right foot back and hold
- 3-4 (QQ) Step left foot to left side, step right foot next to left foot
- 5-6 (S) Step left foot forward and hold
- 7-8 (QQ) Press on ball of right foot angling body ¼ turn to the left, recover by shifting weight back on left foot angling ¼ turn to the right

STEP ¼ TURN RIGHT, SWIVEL ½ LEFT, SWIVEL ½ RIGHT, ROCK LEFT FORWARD, PROGRESSIVE FULL TURN TO LEFT - RIGHT, LEFT, RIGHT, LEFT

- 1-2 (S) Step right foot forward turning ¼ to right and hold
- 3-4 (QQ) Swivel left foot to left turning ½ turn to left, swivel right foot to right side turning ½ turn to right
- 5-6 (S) Step left foot forward
- 7&8& (Q&Q&) Step right foot back turning ½ turn to left, step left foot forward, step right foot forward turning ½ turn to left, step left foot back

Styling: bring right arm over head, hair brushing motion during this turn

BEND, STRETCH, BEND, RIGHT FAN KICK ¼ TURN RIGHT, ROCK BACK RIGHT, RECOVER LEFT

- 1-2 (S) Bend both knees, lifting right heel off the floor and hold
3-4 (QQ) Keeping feet in same position, stretch knees, bend knees
5-6 (S) Extend RIGHT leg up and kick while making a circular sweep into ¼ turn to the right
Styling: both arms and down during the fan kick
7-8 (QQ) Rock back on right foot, recover on left foot

STEP RIGHT FORWARD, FULL TURN TO RIGHT, ROCK LEFT FORWARD, ROCK RIGHT BACK, ¼ TURN LEFT, DRAG LEFT

- 1-2 (S) Step right foot forward, and hold
3-4 (QQ) Step left foot forward turning ¼ turn to right, step right next to left foot and pivot ¾ turn to right to complete a full turn
5-6 (S) Step left forward and hold
7-8 (QQ) Rock back on right foot turning ¼ turn to the left, make a long step on left foot to left side

Start again by shifting weight on right with a hip motion

REPEAT
