

# Lonestar Strutting

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Hazel Morris (UK)  
音樂: Lonestar - Norah Jones



Dance starts immediately on vocals, no instrumental introduction (first heel strut may be missed!)

## RIGHT HEEL STRUT FORWARD, LEFT SIDE ROCK, LEFT HEEL STRUT FORWARD, RIGHT SIDE ROCK

1-2      Step right heel forward, drop right toe  
3-4      Rock left foot to left side, rock onto right in place  
5-6      Step left heel forward, drop left toe  
7-8      Rock right foot to right side, rock onto left in place

## STEP ½ PIVOT LEFT, TWICE HEEL STRUTS FORWARD, STEP ½ PIVOT LEFT

1-2      Step forward right, pivot half turn left  
3-4      Step right heel forward, drop right toe  
5-6      Step left heel forward, drop left toe  
7-8      Step forward right, pivot half turn left

## RIGHT SIDE ROCK, TOE STRUT CROSS, LEFT SIDE ROCK, TOE STRUT CROSS

1-2      Rock right to right side, rock onto left in place  
3-4      Step right toe across left, drop right heel  
5-6      Rock left to left side, rock onto right in place  
7-8      Step left toe across right, drop left heel

## RIGHT SIDE ROCK, ¼ TURN LEFT, TWICE TOE STRUTS FORWARD, TOUCH RIGHT SIDE, HOLD

1-2      Rock right to right side, rock onto left turning a quarter to left  
3-4      Step right toe forward, drop right heel  
5-6      Step left toe forward, drop left heel  
7-8      Touch right toe to right side, hold

**REPEAT**

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