

Mr. Lonesome

COPPER KNOB
BY STEPHEN MILES

拍數: 32 牆數: 4 級數: Improver
編舞者: Judith Campbell (NZ)
音樂: Mr. Lonesome - Heather Myles



Dance begins on the word "Lonesome"

ROCK FORWARD, BACK, COASTER, ROCK FORWARD, BACK, COASTER

- 1 Rock forward onto right foot
- 2 Rock back onto left foot
- 3&4 Coaster (step back on right foot, step left foot next to right foot, step right foot forward)
- 5 Rock forward onto left foot
- 6 Rock back on right foot
- 7&8 Coaster (step back on left foot, step right foot next to left, step left foot forward)

TWO QUICK STRADDLE STEPS, (WITH 1/8 TURN EACH TO THE RIGHT), TOE /HEEL STRUT WITH DOUBLE HEEL BEATS

- &1 On balls of feet jump out onto right then left ball of foot, turning 1/8 to the right
- &2 Jump both feet back together right then left foot
- &3 Jump out onto right then left foot turning another 1/8 to the right
- &4 Jump both feet together right then left. You should have turned 1/4 (facing 3:00)
- 5-6 Step right foot to right side on toe, lower heel twice to floor (making 2 heel beats)
- 7-8 Close left foot next to right, hold

SHUFFLE FORWARD, 1/2 PIVOT, SHUFFLE FORWARD, 1/2 PIVOT

- 1&2-3-4 Shuffle forward on right foot, step forward on left foot, 1/2 pivot to the right
- 5&6-7-8 Shuffle forward on left foot, step forward on right foot, 1/2 pivot to the left

MONTEREY, DOUBLE HEEL BOUNCES

- 1-2 Touch right foot to right side, 1/2 turn to right bringing right foot next to left
- 3-4 Touch left foot to left side, bring left foot next to right
- 5-6 Swinging both arms over to right side snapping fingers & looking to right . Do 2 heel bounces on both feet
- 7-8 Swinging arms to left side snapping fingers & looking left. Do 2 heel bounces

REPEAT
