

Waltz Lonely

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Betsy Baugess (USA)
音樂: Lonely Too - Lee Ann Womack



ROCK RIGHT, STEP LEFT, RIGHT ; ROCK LEFT, STEP RIGHT, LEFT ; ¼ LEFT TURN, REPEAT

1-2-3 Rock out to the right ; step left behind right; step on right
4-5-6 Rock out to the left ; step right behind left; step on left
7-8-9 Turning ¼ left -- rock out to the right ; step left behind right; step on right
10-11-12 Rock out to the left ; step right behind left; step on left

ROCK RIGHT, LEFT, CROSS; ROCK LEFT, RIGHT, CROSS

1-2 Rock out to the right and back on the left
3 Step across right over left
4-5 Rock out to the left and back on the right
6 Step across left over right

ROLLING TURN RIGHT; CROSS LEFT, RIGHT, LEFT

1-2-3 Rolling 3-step full turn right
4 Cross step left over right
5-6 Step back right, then step on left

STEP LOCK STEP; FULL TURN; ROCK TURN STEP LOCK STEP

1-2-3 Forward step lock step - right, left, right
4-5-6 Full turn right, left, right, left
7-8-9 Rock forward on right, recover back on left, turning ½ right, stepping on right
10-11-12 Forward step lock step - left, right, left

ROCK, RECOVER, KICK; CROSS ROCK, STEP KICK; RIGHT SAILOR; LEFT SAILOR

1-2-3 Rock forward on right; recover on left; kick right forward
4-5-6 Cross rock right over left; recover on left; kick right forward
7-8-9 Sweep out into right sailor
10-11-12 Sweep out into left sailor

REPEAT

RESTART

After the instrumental section (4th wall), there's a 6-count bridge. Dance through this with the first 6 counts of the dance, and begin again