

What's Up Lonely?

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gerard Murphy (CAN)
音樂: What's Up Lonely - Kelly Clarkson



PRESS RIGHT TO RIGHT, SLIDE/TOUCH, SHUFFLE RIGHT, ROCK & STEP LEFT, SAILOR STEP ¼ RIGHT

1-2 Long step right to right side (side press), slide & touch right next to left
3&4 Shuffle right - right, left, right
5&6 Step ball of left behind right, recover onto right, step left to left side
7&8 Step right behind left, step left to left side, step right ¼ turn right

STEP FORWARD LEFT, STEP FORWARD RIGHT, PIVOT ½ LEFT, SHUFFLE ¾ LEFT, ROCK BACK/RECOVER, STEP LEFT FORWARD

9-10-11 Step left forward, step right forward, pivot ½ turn left with weight to left
12&13 Shuffle ¾ turn left - right, left, right
14-15-16 Rock back on left, recover forward onto right, step forward on left

SHUFFLE FORWARD, STEP FORWARD LEFT, POINT RIGHT TO RIGHT, CROSS ROCK/RECOVER POINT TWICE

17&18 Shuffle forward - right, left, right
19-20 Step forward on left, point right to right side
21&22 Cross rock right over left (pump right shoulder up/left shoulder down), recover onto left, point right to right side (pump right shoulder down/left shoulder up)
23&24 Cross rock right over left (pump right shoulder up/left shoulder down), recover onto left, point right to right side (pump right shoulder down/left shoulder up)

Moving slightly forward on counts 21 to 24

CROSS SHUFFLE LEFT, STEP LEFT, SAILOR STEP, BEHIND/SIDE/CROSS, UNWIND ¾ RIGHT/POP RIGHT KNEE

25&26 Cross shuffle to left - right, left, right
27 Step left to left side
28&29 Step right behind left, step left to left side, step right to right side
30&31 Step left behind right, step on ball of right, cross step left over right
32 Unwind ¾ turn right and pop right knee

STEP, KICK/BALL, SHUFFLE FORWARD, ROCK/RECOVER, SHUFFLE ½ LEFT

33-34& Step right forward, low kick left forward, step down on left
35&36 Shuffle forward - right, left, right
37-38 Rock forward on left, recover onto right
39&40 Shuffle ½ turn left - left, right, left (or shuffle 1 ½ turn left - more difficult!)

WALK FORWARD RIGHT/LEFT, SWIVEL ½ RIGHT/SIT, POINT/LOOK BACK, STEP/BUMP, STEP/BUMP

41-42 Walk forward right, left
43 Swivel ½ turn right on balls of both feet while bending knees into sitting position - weight to left
44 Point right toes forward while standing up - lean slightly back and look over left shoulder
45-46 Step right forward, hitch left knee slightly (so that foot is just barely off floor) and bump left hip gently left
47-48 Step left forward, hitch right knee slightly (so that foot is just barely off floor) and bump right hip gently right

REPEAT

RESTART

After 2 rotations (facing the back wall), do the first 16 counts and restart from the beginning.

TAG

After another 2 rotations (facing the front wall), do this 4 count tag and restart from the beginning.

- 1-2 Step right forward, hitch left knee slightly (so that foot is just barely off floor) and bump left hip gently left
 - 3-4 Step left $\frac{1}{4}$ turn left, hitch right knee slightly (so that foot is just barely off floor) and bump right hip gently right
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