

# For The Lonely

COPPER KNOB  
BY STEPHEN HETS

拍數: 64      牆數: 2      級數: Intermediate/Advanced  
編舞者: Alan Birchall (UK)  
音樂: Atomic - Blondie



When dancing to "Atomic" by Blondie, start after 32 counts. At start of lyrics you will be on steps 33&34

## SIDE, TOGETHER, SIDE, CLOSE, SIDE, CROSS ROCK, RECOVER, ¼ TURN SHUFFLE

1-2            Step right to right, step left by right  
3&4            Step right to right, left by right, right to right  
5-6            Cross rock left over right, recover on right  
7&8            Step left to making ¼ turn left, step right by left, step forward on left (facing 9:00)

## FULL TURN LEFT, RIGHT SHUFFLE, LEFT KICK BALL STEP, STEP, ¼ PIVOT

9-10            On ball of left make ½ turn left, step back on right making ½ turn left step forward on left (facing 9:00)  
11&12          Step forward on right, step left by right, step forward on right  
13&14          Kick forward on left, step left by right, step forward on right  
15-16          Step forward on left, ¼ pivot right (facing 12:00)

## CROSS, ¾ TURN, STEP FORWARD, LEFT SHUFFLE, RIGHT SHUFFLE

17-18          Cross left over right, step right to right making ¼ turn left  
19-20          Continuing turn to left making ½ turn stepping left to left, step forward on right (facing 3:00)  
21&22          Step forward on left, step right by left, step forward on left  
23&24          Step forward on right, step left by right, step forward on right

## LEFT KICK BALL TOUCH, HEEL SWIVELS, RIGHT KICK BALL TOUCH, HEEL SWIVELS

25&26          Kick forward on left, step left by right, touch forward on right  
27-28          Swivel both heels to right (dip down), swivel both heels to center (stand up - weight ends on left)  
29&30          Kick forward on right, step right by left, touch forward on left  
31-32          Swivel both heels to left (dip down), swivel both heels to center (stand up - weight ends on left)

## TOUCH RIGHT, TOUCH LEFT, STEP, CROSS UNWIND, ¾ SHUFFLE TURN, STEP, ½ PIVOT (1 ¼ TOTAL TURN LEFT)

33&            Touch right to right, step right by left  
34&            Touch left to left, step down on left (you will have moved to the left)  
35-36          Cross right over left, unwind ½ turn left (facing 9:00)  
37&38          Make ¾ shuffle turn left stepping left, right, left (facing 12:00)  
39-40          Step forward on right, ½ pivot left (facing 6:00)

### Alternative for steps 33&34,35&36

33&34          Cross right over left, step left to side cross right over left (right cross shuffle)  
35&36          Shuffle forward making ¼ turn left, stepping left, right left. (weight ends on right facing 3:00)

## HEEL SWITCH'S, STEP ¼ PIVOT, CROSS BEHIND, LEFT HEEL JACK, CROSS, STEP, ½ TURN, STEP

41&            Touch right heel forward, step right by left  
42&            Touch left heel forward, step left by right  
43-44          Step forward on right making ¼ turn left, cross left behind right (facing 3:00)  
&45            Step back on right diagonal, extend left heel forward  
&46            Step left by right, cross right over left  
47-48          Step left to left & make ½ pivot right on ball of left, step forward on right (facing 9:00)

**STEP, LOCK, STEP, TWICE, TAP, SCOOT BACK, STEP, ROCK, RECOVER**

- 49&50 Step forward on left, lock right, step forward on left
- 51&52 Step forward on right, lock left, step forward on right
- 53& Tap left toe behind right, raising left toe scoot back on right
- 54 Step back on left
- 55-56 Rock back on right, recover on left

**STEP ½ PIVOT, ½ SHUFFLE TURN, ROCK, RECOVER, ¾ SHUFFLE TURN**

- 57-58 Step forward on right, ½ pivot left (facing 9:00)
- 59&60 Make ½ shuffle turn left stepping right, left, right (facing 3:00)
- 61-62 Rock back on left, recover on right
- 63&64 Make ¾ shuffle turn right stepping, left right, left (facing 6:00)

**Alternative for steps 57&68, 59-60,61&62**

- 59&60 Right shuffle forward stepping right left, right
- 61-62 Rock forward on left, recover on right making ¼ pivot right
- 63&64 Cross left over right, step right to right, cross left over right (left cross shuffle)

**REPEAT**

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