

Dancin Lonely & Blue

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Henry Damen (NL)
音樂: Lonely and Blue - Ronnie Beard



LEFT SAILOR STEP,RIGHT SAILOR STEP,STEP,CROSS BEHIND,UNWIND ½ TURN,STEP FORWARD

1 Cross left behind left
& Step right side right
2 Step left side left
3 Cross right behind left
& Step left side left
4 Step right side right
5 Step left side left
6 Cross right behind left
7 Unwind (½ turn right)
8 Step left forward

SPIN TURN,ROCK,STEP COASTER STEP,REVERSE COASTER STEP

9 Step forward right & make ½ turn on ball of left foot
10 Step forward left & make ½ turn on ball of right foot
11 Rock forward right
12 Step left in place
13 Step back right
& Step left next to right
14 Step forward right
15 Step forward left
& Step right next to left
16 Step back left

SAILOR SHUFFLES,RIGHT SHUFFLE FORWARD,LEFT SHUFFLE FORWARD

& Step right side right
17 Cross left in front of right
& Step right side right
18 Touch left heel diagonally forward
& Step left side left
19 Cross right in front of left
& Step left side left
20 Touch right heel diagonally forward
21&22 Right shuffle forward right, left, right
23&24 Left shuffle forward left, right, left

STEP, CLAP,CLAP,STEP,CLAP,CLAP,ROCK STEP,TRIPLE STEP WITH ¾ TURN RIGHT

25 Step forward right
& Clap hands
26 Clap hands
27 Step forward left
& Clap hands
28 Clap hands
29 Rock forward right
30 Step left in place
31&32 Triple step with ¾ turn right (right, left, right)

REPEAT
