

So If You're Lonely

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ann Wood (UK) - August 2007
音樂: Whistle for the Choir - The Fratellis



SIDE, BEHIND & CROSS SIDE, BEHIND AND CROSS, ROCK RECOVER

1-2&3-4 Step right to side, cross left behind right, step right to side, cross left over right, step right to side
5&6-7-8 Cross left behind right, step right to side, cross left over right, rock right to side, recover onto left

CROSS TOUCH, CROSS UNWIND, KICK BALL CHANGE, ROCK RECOVER

1-4 Cross right over left, touch left to side, cross left over right, unwind ½ right
5&6-7-8 Right kick ball change, rock right forward, recover onto left

SYNCOPATED FORWARD ROCKS, TOUCH BACK, TURN ¼ RIGHT, CROSS TOUCH

&1-2 Step right back, rock left forward, recover onto right
&3-4 Step left back, rock right forward, recover onto left
5-8 Touch right back, turn ¼ right, cross left over right, touch right to side

CROSS UNWIND, BACK ROCK SKATE SKATE, LEFT SHUFFLE

1-4 Cross right over left, unwind ½ left (weight on right), rock left back, recover onto right
5-8 Skate left forward, skate right forward, shuffle forward stepping left, right, left

Restart from here on wall 3

ROCK RECOVER TRIPLE HALF TURN STEP ¼ PIVOT, CROSS SHUFFLE

1-4 Rock right forward, recover onto left, turn ½ right and step right, left, right
5-6-7&8 Step left forward, turn ¼ right, crossing shuffle stepping left, right, left

HALF TURN LEFT, CROSS TOUCH, CROSS TOUCH, ½ MONTEREY TURN

1-2 Turn ¼ left and step right back, turn ¼ left and step left together
3-6 Cross right over left, touch left to side, cross left over right, touch right to side
7-8 Turn ½ right and step right together, touch left to side

KICK BALL CROSS, TURN ¼ TOGETHER, STEP LOCK, STEP LOCK STEP

1&2 Kick left forward, step left together, cross right over left
3-4 Step left to side, turn ¼ right and step right together
5-6-7&8 Step left forward, lock right behind left, step left forward, lock right behind left, step left forward

STEP ½ PIVOT, FORWARD SHUFFLE, FORWARD ROCK RECOVER, TRIPLE FULL TURN

1-2-3&4 Step right forward, turn ½ left (weight to left), shuffle forward stepping right, left, right
5-8 Rock left forward, recover to right, triple in place turning a full turn left stepping left, right, left
Easier option: change triple full turn to a left coaster step

REPEAT

RESTART: On wall 3 restart the dance after count 32 facing 9:00