

# Mr Lonely

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Marilyn Griffin (UK) - January 2003  
音樂: Mr. Lonely (Hex Mac Mix) - Deborah Cox : (CD: The Morning After)



1 - 2 Step  
Forward on  
Right, Touch  
Left to Right  
Heel  
& 3 & 4 Step  
Back on Left,  
Right Heel  
Forward, Step  
Right in Place,  
Step Forward  
on Left  
5 - 8 Repeat  
steps 1 ? 4 (you  
will be moving  
forward on this  
section)

**Section 2 Rock,  
½ Turn, Right  
Shuffle, Full  
Turn, Left  
Shuffle (Full  
Turn can be  
replaced by  
walking Left  
Right)**

1 - 2 Rock  
Forward on  
Right, Recover  
weight onto  
Left  
3 & 4 Step R ½  
Turn (over Right  
Shoulder), bring  
Left to meet  
Right, Step  
Forward on  
Right  
5 - 6 Step  
Forward on Left  
making a ½  
Turn, Step Back  
on Right making  
a ½ Turn  
(clockwise) (you  
are now facing  
6 o'clock wall)

7 & 8 Step  
Forward on Left,  
bring Right to  
meet Left, step  
Forward on Left

**Section 3 Side  
Rock Behind  
Side Cross,  
Side Rock  
Behind Side  
Cross**

1 - 2 Rock Right  
to Right Side,  
Recover weight  
onto Left  
3 & 4 Step Right  
behind Left,  
Step Left to Left  
Side, Cross  
Right over Left  
5 - 6 Rock Left  
To Left Side,  
Recover weight  
onto Right  
7 & 8 Step Left  
behind Right,  
Step Right to  
Right Side,  
Cross Left over  
Right

**Section 4 Jazz  
Box ¼ Turn,  
Right Diagonal  
Drag & Flick,  
Hip Bump Left  
Right & Flick**

1 - 4 Step Right  
across Left,  
Step Back on  
Left, Step Right  
to Right Side  
making ¼  
Turn, Step  
Forward on Left  
(9 o'clock wall)  
5 - 6 Step Right  
(Long Step)  
Forward to  
Right Diagonal,  
Drag Left  
towards Right a  
Flick behind  
Right

7 - 8 Step Left  
to Left side as  
you Bump Hip  
Left, Bump Hip  
Right  
transferring  
weight to Right  
(anticlockwise  
circular motion),  
Flicking Left  
behind Right

**Section 5 Side  
Behind and  
Heel and Cross,  
Touch, Kick  
Sweep ¼ Turn,  
Coaster Step**

1-2 & 3 & 4  
Step Left to Left  
Side, Step Right  
behind Left,  
Step Left  
slightly Back  
and to Left and  
Touch Right  
Heel Diagonally  
Forward, Step  
Right in Place  
and Cross Left  
over Right  
5 - 6 Touch  
Right to Left  
instep and you  
twist slightly  
Left, Twist  
slightly Right as  
you Kick Right  
to Right  
Diagonal and  
Sweep Right  
out and around  
making ¼ Turn  
Right(you are  
now  
facing 12  
o'clock wall)  
7 & 8 Step back  
on Right, Step  
Left next to  
Right, Step  
Forward on  
Right

**Section 6 Step  
Drag Flick, Step  
Drag Flick, Kick  
& Cross, Back  
Side Cross**

1 - 2 Step Left  
long Step To  
Left, Drag Right  
towards Left  
and Flick Right  
behind Left  
3 - 4 Step Right  
long Step to  
Right, Drag Left  
towards Right  
and Flick Left  
behind Right  
5 & 6 Kick Left  
to Left Diagonal,  
step Left in  
place and cross  
Right over Left  
7 & 8 Step Back  
on Left, Step  
Right to Side  
and Cross Left  
over Right

**Section 7 Side  
Behind and  
Cross Hold,  
Side Behind &  
¼ turn Right,  
Swivel Heels  
Out In**

1 - 2 & 3 4 Step  
Right to Right  
Side, Cross Left  
Behind Right,  
Step Right to  
Side and Cross  
Left over  
Right, Hold  
5 - 6 & 7 & 8  
Step Right To  
Right Side,  
Cross Left  
Behind Right,  
Step Right to  
side making ¼  
Turn Right, Step  
Forward on Left,  
Swivel Heels  
Out In (you are  
now facing 3  
o'clock wall)

## **Section**

### **8 Forward**

**Lunge, Step**

**Back ½ Turn,**

**Full Turn, Left**

**Shuffle (Full**

**Turn can be**

**replaced by**

**walking Left**

**Right)**

**1 - 2 Lunge**

**Forward on**

**Right, Recover**

**Weight onto**

**Left**

**3 - 4 Touch**

**Right Toe back,**

**make ½ Turn**

**(over right**

**shoulder), put**

**weight down**

**onto Right (you**

**are now facing**

**9 o'clock wall)**

**5 - 6 Step**

**forward on Left,**

**as you make ½**

**Turn, Step back**

**on Right as you**

**make ½ Turn**

**(clockwise)**

**7 & 8 Step**

**Forward on Left,**

**bring Right to**

**meet Left, Step**

**Forward on Left**

**(9 o'clock wall)**

**Note: End of**

**dance ? you will**

**be on Section 5**

**facing front wall,**

**complete ?side**

**behind and heel**

**& cross, touch**

**kick?, remain on**

**front wall and**

**sweep right**

**behind left.**

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