

Lonely

拍數: 32 牆數: 2 級數: Improver
編舞者: Amos Ghui - May 2005
音樂: Lonely - Akon



32 count intro, start after cartoon voice, on heavy beat

Side, behind, side cross, touch, Monterey turn ½ right, ½ left, touch, step

- 1-2&3-4 Step right to side (1), cross left behind right (2), step right to side (&), cross left over right (3), touch right to side (4)
5-8& Step right beside left turning ½ turn right (5), touch left to side (6), step left beside right turning ½ turn left (7), touch right to side (8), step right beside left (&)

Left forward, forward shuffle, rock forward, recover, sweeps, coaster

- 1 Step left forward (1)
2&3 Step right forward (2), step left behind right (&), step right forward (3) (forward shuffle)
4-5 Rock left forward (4), recover on right (5)
6-7 Sweeping left from front to back step left behind right (6), sweeping right from front to back step right behind left (7)
8&1 Step left back (8), step right beside left (&), step left forward (1) (coaster)

Rock, recover, full turn shuffle, rock, recover, ½ turn shuffle

- 2-3 Rock right forward (2), recover on left (3)
4&5 Turning a full turn right, shuffle right-left-right on the spot (4&5)
6-7 Rock left forward (6), recover on right (7)
8&1 Turning ½ turn left, shuffle left-right-left forward (8&1) ? 6.00

Side rock samba step, samba step with long step, touch

- 2-3 Rock right to side (2), recover on left (3)
4&5 Cross right over left (4), step left to side (&), step right to side (5) (samba)
6&7-8 Cross left over right (6), step right to side (&), step left a long step to side (7), touch right beside left (8)

Ending:

You will end facing the front on your last step (touch right beside left). Take a bow and smile!
