

# Lonely Hearts

COPPERKNOB  
BY STEPHEN

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Gaye Teather (UK) - February 2009  
音樂: Lonely Hearts - Raul Malo : (CD: Lucky One)



**Intro 16 counts from first heavy beat. Start on vocals. Dance rotates in CW direction**

**Kick-ball-change. Stomp forward. Hold & clap. Step. Pivot 1 / 2 turn Right x 2**

1&2      Kick Right foot forward. Step Right beside Left. Step Left in place  
3 – 4      Stomp forward on Right. Hold & clap  
5 – 6      Step forward on Left. Pivot 1 / 2 turn Right  
7 – 8      Step forward on Left. Pivot 1 / 2 turn Right (12 o'clock)

**Side. Behind. Chasse 1 / 4 turn Left. Step. Pivot 1 / 2 turn Left. Full turn Left**

1 – 2      Step Left to Left. Cross Right behind Left  
3&4      Step Left to Left. Step Right beside Left. 1 / 4 turn Left stepping forward on Left  
5 – 6      Step forward on Right. Pivot 1 / 2 turn Left  
7 – 8      1 / 2 turn Left stepping back on Right. 1 / 2 turn Left stepping forward on Left (3 o'clock)

**Easier option: walk forward Right. Left**

**Heel switches x 3. Hold & clap. Right side rock. Cross shuffle**

1&2&      Touch Right heel forward. Step Right beside Left. Touch Left heel forward. Step Left beside Right  
3 – 4      Touch Right heel forward. Hold & clap  
5 – 6      Rock Right to Right side. Recover onto Left  
7&8      Cross Right over Left. Step Left to Left. Cross Right over Left

**Heel switches x 3. Hold & clap. Left side rock. Behind. Side. Step**

1&2&      Touch Left heel forward. Step Left beside Right. Touch Right heel forward. Step Right beside Left  
3 – 4      Touch Left heel forward. Hold & clap  
5 – 6      Rock Left to Left side. Recover onto Right  
7&8      Cross Left behind Right. Step Right to Right. Step forward on Left

**Shuffle forward. Shuffle 1 / 2 turn Right. Back rock. Kick-ball-change**

1&2      Step forward on Right. Step Left beside Right. Step forward on Right  
3&4      1 / 4 turn Right stepping Left to Left. Step Right beside Left. 1 / 4 turn Right stepping back on Left (9 o'clock)  
5 – 7      Rock back on Right. Recover onto Left  
7&8      Kick Right forward. Step Right beside Left. Step Left in place

**Shuffle forward. Shuffle 1 / 2 turn Right. Back rock. Kick-ball-change**

1&2      Step forward on Right. Step Left beside Right. Step forward on Right  
3&4      1 / 4 turn Right stepping Left to Left. Step Right beside Left. 1 / 4 turn Right stepping back on Left (3 o'clock)  
5 – 7      Rock back on Right. Recover onto Left  
7&8      Kick Right forward. Step Right beside Left. Step Left in place

**Paddle turns making 1 / 2 turn Left (with hip motion)**

1 – 4      Step forward on Right. Paddle 1 / 8 turn Left. Step forward on Right. Paddle 1 / 8 turn Left  
5 – 8      Step forward on Right. Paddle 1 / 8 turn Left. Step forward on Right. Paddle 1 / 8 turn Left  
(9 o'clock) Swing/Rotate hips during the paddle turns

**Rocking chair. Step. Hold. Pivot 1 / 2 turn Left. Hold**

1 – 4                Rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left

5 – 8                Step forward on Right. Hold. Pivot 1 / 2 turn Left. Hold (3 o'clock)

**Start again**

**Tags: These occur at the end of walls 2 ( 6 o'clock), 4 (12 o'clock) &5 (3 o'clock) and comprise the following 8 steps**

**Out. Out. In. Cross. Unwind full turn Right**

1 – 2                Step Right to Right side. Step Left to Left side

3 – 4                Step Right beside Left. Cross Left over Right taking weight onto Left

5 – 8                Unwind slowly full turn Right over 4 counts. Option: Dip both knees during turn and straighten on completion. (Weight remains on Left)

**Easier option for steps 4 – 8. Step Left beside Right on step 4 and rotate hips CCW for 4 counts**

---