

Lonely Hearts

COPPER KNOB
STEPPERS

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
