

Lonely Hearts

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - February 2009
音樂: Lonely Hearts - Raul Malo : (CD: Lucky One, start 16 counts after the beat kicks in...on the word 'hearts')



(1-8) R side shuffle, L back rock & recover, L side rock & recover, weave R 2

1&2 Step R side, step L together, step R side
3-6 Rock L back, recover weight on R, rock L side, recover weight on R
7-8 Cross step L over R, step R side (12 o'clock)

(9-16) ½ L hinge shuffle, R back rock & recover, R side rock & recover, weave L 2

1&2 Turning ½ left step L side, step R together, step L side (6 o'clock)
3-6 Rock R back, recover weight on L, rock R side, recover weight on L
7-8 Cross step R over L, step L side

(17-24) ¼ R & R fwd, ½ R with L hitch, step L forward, touch R heel fwd, walk back 2, R coaster step

1-2 Turning ¼ right step R forward. Turn a further ½ turn right hitch L knee (9 o'clock)
3-4 Step L forward, touch R heel forward (3 o'clock)
5-6 Step R back, step L back
7&8 Step R back, step L together, step R forward

(25-32) L fwd rock & recover, L full turn back, L back, R jazz box

1-2 Rock L forward, recover weight on R
3-4 Turning ½ left step L forward, turning ½ left step R back (3 o'clock)

(Non-turning option for 3-4: step L & R back)

5-8 Step L back, cross step R over L, step L back, step R side

(33-40) L cross over & unwind ½ R, "original" jazz box, L fwd step touch

1-2 Cross L over R, unwind ½ right with weight ending on R (9 o'clock)
3-6 Step L forward, cross step R over L, step L back, step R side
7-8 Step L forward, touch R together

(41-48) R & L back diagonal step touches, R back rock & recover, R fwd, ¼ L pivot turn

1-2 On right diagonal step R back, touch together (clap)
3-4 On left diagonal step L back, touch R together (clap)
5-8 Rock R back, recover weight on L, step R forward, pivot ¼ left (6 o'clock)

(49-56) R fwd, ¼ L pivot turn, R fwd, ¼ L pivot turn, weave L 4 with ¼ L pivot turn

1-4 Step R forward, pivot ¼ left, step R forward, pivot ¼ left (12 o'clock)

(Styling note for 3 ¼ pivots, use your hips as you make the turns – it feel good)

5-8 Cross step R over L, step L side, cross step R behind L, turn ¼ L step L forward (9 o'clock)

(57-64) ¼ L pivot, R cross shuffle, L side step touch, R side, L cross step

1-2 Step R forward, pivot ¼ left (6 o'clock)
3&4 Cross step R over L, step L side, cross step R over L
5-8 Step L side, touch R together, step R side, cross step L over R

Tag at end of walls 2, 4 & 5. - 8 count tag as follows: Then restart the dance from the beginning

½ R Monterey turn repeat 2X

1-4 Touch R to right side, turning ½ right step R together, touch L to left side, step L together
5-8 Touch R to right side, turning ½ right step R together, touch L to left side, step L together

This tag is executed at the end of walls 2 & 4 (facing front wall) and 5 (facing back wall)

