

# My Lonely Nights

COPPERKNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Alan Haywood (UK), Jo Kinser (UK) & John Kinser (UK) - April 2009  
音樂: Prayin' for Daylight - Rascal Flatts



**Intro: 16 slow counts, start on vocals**

**Sec 1: R Side, Touch L, L Side, Touch R, Walk Forward R L, R Forward, ½ L**

1-2            Step right to right side, touch left next to right  
3-4            Step left to left side, touch right next to left  
5-6            Walk forward right, walk forward left  
7&8           Step forward onto right, pivot ½ turn left (6 o/c)

**RESTART here at END of wall 2**

**Sec 2: R Brush Hook Step, L Brush Hook Step, R Forward Rocking Chair**

1&2           Brush right forward, hook right in front of left, step forward onto right  
3&4           Brush left forward, hook left in front of right, step forward onto left  
5-6           Rock forward onto right, recover weight back onto left  
7-8           Rock back onto right, recover weight forward onto left

**Sec 3: Cross R Over L, Point L, Cross L Over R, Point R, R Over Jazz Box Cross**

1-2           Cross step right over left, point left to left side  
3-4           Cross step left over right, point right to right side  
5-6           Cross step right over left, step left back  
7-8           Step right to right side, cross step left over right

**Sec 4: ¼ L (R Back), Touch L Forward, L Forward, Touch R, R Back, Hook L, L Forward Shuffle**

1-2           Make a ¼ turn left stepping right back, touch left heel forward  
3-4           Step forward onto left, touch right toe behind left  
5-6           Step back onto right, sliding left towards right hook left in front  
7&8           Step forward onto left, close right next to left, step forward onto left

**Repeat And Enjoy!**

To keep the music in phase, we have had to put in one restart and one 4-count tag.

**RESTART:** At the END of wall 2, dance the FIRST 8 counts only, then restart the dance facing 12 o'clock.

**TAG:** At the END of wall 6, a 4-count tag is required. Just do the FIRST 4 counts of the dance to make the tag (R side, touch L, L side, touch R). At this point, you will be facing 9 o'clock