

Lonely Hearts

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Karl-Harry Winson (UK) - August 2009
音樂: Lonely Hearts - Raul Malo : (CD: Moonlight Kiss)



16 count intro – Start on the word “Hearts”

Right Chasse. Back Rock. Weave left.

- 1&2 Step the right foot to the right side. Close the left foot next to the right. Step the right foot to the right side.
- 3 – 4 Rock back on the left. Recover the weight forward onto the right.
- 5 – 6 Step the left foot to the left side. Cross the right foot behind the left.
- 7 – 8 Step the left foot to the left side. Cross the right over the left. (*R*)

Left Chasse. Back Rock. Weave ¼ turn right Scuff.

- 1&2 Step the left foot to the left side. Close right foot next to the left. Step the left foot to the left side.
- 3 – 4 Rock back on the right. Recover weight forward onto the left.
- 5 – 6 Step right foot to the right side. Cross left foot behind the right.
- 7 – 8 Make a ¼ turn right stepping forward on the right. Scuff the left foot beside the right.

(Bridge 1: Here on wall 2 & 5)

Left Rocking Chair. Step ¼ turn. Cross shuffle

- 1 – 2 Rock forward on the left. Recover weight back onto the right.
- 3 – 4 Rock back on the left. Recover weigh forward onto the right.
- 5 – 6 Step forward on the left. Make a ¼ turn right.
- 7&8 Cross left foot over right. Step right foot to the right side. Cross left foot over right.

Reverse rumba box (with shuffles)

- 1 – 2 Step the right foot to the right side. Close left next to right.
- 3&4 Step back on the right. Close left foot next to the right. Step back on the right.
- 5 – 6 Step left foot to the left side. Close right foot next to the left.
- 7&8 Step forward on the left. Close right foot next to the left. Step forward on the left.

(Bridge 2: Here on wall 2 & 5)

¼ turn Grapevine Right. Left Grapevine ¼ turn.

- 1 – 2 Make a ¼ turn left stepping the right foot to the right side. Cross the left foot behind the right.
- 3 – 4 Step the right foot to the right side. Scuff the left foot beside the right.
- 5 – 6 Step the left foot to the left side. Cross the right foot behind the left.
- 7 – 8 Make a ¼ turn left stepping left foot forward. Scuff the right foot beside the left.

Right Grapevine. Left Grapevine ¼ turn-Scuff.

- 1 – 2 Step the right foot to the right side. Cross the left foot behind the right.
- 3 – 4 Step the right foot to the right side. Scuff the left foot beside the right.
- 5 – 6 Step the left foot to the left side. Cross the right foot behind the left.
- 7 – 8 Make a ¼ turn left stepping left foot forward. Scuff the right foot beside the left.

Right rock. Shuffle ½ turn x3.

- 1 – 2 Rock forward on the right. Recover weight back onto the left.
- 3&4 Make a shuffle ½ turn right stepping: Right, Left, Right.
- 5&6 Make a shuffle ½ turn right stepping: Left, Right, Left.
- 7&8 Make a shuffle ½ turn right stepping: Right, Left, Right.

(Alternative Step: Can replace counts 3-8 with 3 shuffles forward)

Left rock. Left Coaster cross. Hip bumps x4

- 1 – 2 Rock forward on the left. Recover weight back onto the right.
3&4 Step back on the left. Step right foot next to the left. Cross left foot over the right.
5 – 8 Step right foot to the right side and bump hips: Right, Left, Right, Left.

Choreographers note: Due to the phrasing of the music, walls 2 & 5 have 2 sections where the music is extended so 2 bridges (extra steps) are require in the dance. There is also a restart on Wall 5 (12.00).

Bridge 1:

Step ½ turn x2

- 1 – 2 Step forward on the left. Make a ½ turn right.
3 – 4 Step forward on the left. Make a ½ turn right.

Continue with dance where left off.

Bridge 2:

Step ½ turn x2

- 1 – 2 Step forward on the right. Make a ½ turn left.
3 – 4 Step forward on the right. Make a ½ turn left.

Continue with dance where left off.

Restart (*R*):

Dance the first 4 counts: Chasse right. Back rock.

Dance and do the Weave left, but instead of crossing the right foot over the left at the end of the weave, touch the right next to the left to get ready to start the dance again with a Chasse right.
