

Another Lonely Day

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 2 級數: Improver
編舞者: Val Parry (UK) - May 2010
音樂: Another Lonely Day - Chris James



Music download available free <http://www.chrisjamescountry.co.uk/>

INTRO – 16 Counts - Restarts 2.

SECTION 1 – Step Forward, Mambo ½, Lock step forward, Cross rock, Side, Together, Left chasse

1 Step forward on Right
2 & 3 Rock forward on Left, Recover weight on Right, Turn ½ left stepping forward on Left foot
4 & 5 Step forward Right, Lock Left behind Right, Step forward on Right
6 & 7 & Cross rock Left over Right, Recover weight on Right, Step Left to left , Close Right to Left
8 & 1 Step Left to left side, Close Right next to Left, Step Left to left side 6 o'clock

SECTION 2 -Cross rock side, Behind ¼ R, ¼ R, Back rock, Side rock, Cross rock, Side

2 & 3 Cross Rock Right over Left, Recover weight on Left, Step Right to right side
4 & 5 Cross Left behind Right, Turn ¼ right step forward on Right, Turn ¼ right step Left to side
6 & 7 & Rock Right behind Left, Recover weight on Left, Rock Right to side, Recover weight on Left
8 & 1 Cross rock Right over Left, Recover weight on Left, Step Right o right side 12o'clock

SECTION 3 -Cross, Side, Sailor step, Cross, Back, Side, Cross, Back, Side

2, 3 Cross Left over in front of Right, Step Right to right side
4 & 5 Cross Left behind Right, Step Right to right side, Step Left to left side
6 & 7 Cross Right over Left, Step back on Left, Step Right to right side
8 & 1 Cross Left over Right, Step back on Right, Step Left to left side 12o'clock

SECTION 4 -Back rock, Side, Back rock Step, Right rocking chair, Pivot ½ Step forward

2 & 3 Rock back on Right, Recover weight on Left, Step Right to right side
4 & 5 Rock back on Left, Recover weight on Right, Step Left forward
6 & 7 & Rock forward on Right, Recover weight on Left, Rock back on Right, Recover weight on Left
8 & 1 Step forward Right, Turn ½ left stepping forward on Left, Step forward on Right 6 o'clock

SECTION 5 -Walk L-R Rocking Chair, Forward rock, Run back L-R, Coaster Step

2, 3 Walk forward Left, Walk forward Right
4 & 5 & Rock forward on Left, Recover weight on Right, Rock back on Left, Recover weight on Right
6 & 7 & Rock forward on Left, Recover weight on Right, Run back Left, Run back Right
8 & 1 Step back Left, Step Right next to Left, Step Left forward towards left diagonal 6 o'clock

SECTION 6 -Cross rock, ½ rumba box forward, pivot ½, Step forward, Pivot ½

2, 3 Cross rock Right over Left, Recover weight on Left
4 & 5 Step Right to right side, Step Left next to Right, Step Right forward

RESTARTS HERE ON WALLS 2 & 4 (Count 5 becomes Count 1)

6 & 7 Step forward on Left, Pivot ½ right stepping forward on Right, Step forward on Left
8 & Step forward on Right, Pivot ½ left stepping forward on Left 6 o'clock

RESTARTS

Wall 2 and Wall 4 – Facing front after count 4& of Section 6 (Count 5 of section 6 becomes Count 1)

ENDING Wall 6 - Dance through Section 1 and Section 2 and then dance the following

Cross, Side, Sailor ½ turn,

2, 3 Cross Left over in front of Right, Step Right to right side

4 & 5 Cross left behind right, turn half left stepping right to right side, step left in place

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