

Leave Me Lonely

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kelvin Deadman (UK) - November 2010
音樂: Please Don't Break My Heart (Ragga Version) - Kalomira



Start On Main Vocals (21 Secs)

[1-8] Walk Fwd L-R, Fwd Mambo, Coaster Cross, 1/4, 1/4, Cross

1-2 Walk Fwd L-R
3&4 Rock Fwd L, Recover weight R, Step back L
5&6 Step back R, Step L beside R, Cross R over L
7&8 Make 1/4 R stepping back L, Make 1/4 R stepping R to R side, Cross L over R (6:00)

[9-16] R Rock & Cross, L Rock & Cross, Rock & Behind & Cross Shuffle

1&2 Rock R to R Side, Recover weight L, Cross R over L
3&4 Rock L to L Side, Recover weight R, Cross L over R
5&6& Rock R to R Side, Recover weight L, Step R behind L, Small Step to L side
7&8 Cross R over L, Step L to L Side, Cross R over L (6:00)

[17-24] Sway L-R, Sailor 1/4, Pivot 3/4, Side, Behind-Side-Cross

1-2 Sway Hips L-R
3&4 Step L behind R, Make 1/4 L stepping R to R Side, Step Fwd L
5&6 Step Fwd R, Pivot 3/4 L, Step R to R Side
7&8 Step L behind R, Step R to R Side, Cross L over Right (6:00)

[25-32] Side Mambo, Coaster Cross, Rock & Cross, 1/4, 1/2, Step Fwd

1&2 Rock R to R Side, Recover weight L, Step R beside L
3&4 Step back L, Step R beside L, Cross L over R
5&6 Rock R to R Side, Recover weight L, Cross R over L
7&8 Make 1/4 R stepping back L, Make 1/2 R stepping Fwd R, Step Fwd L (3:00)

[33-40] Fwd Mambo, Coaster 1/2, Mambo 1/2, Step, Pivot 1/2, 1/2

1&2 Rock Fwd Right, Recover weight Left, Step back R
3&4 Step back Left, Make 1/2 R stepping Fwd R, Step Fwd L
5&6 Rock Fwd R, Recover weight L, Make 1/2 R stepping Fwd R
7&8 Step Fwd L, Pivot 1/2 R, Make 1/2 R stepping back L (3:00)

(Easier Option 7&8- L Fwd Mambo)

[41-48] Walk Back R-L, Coaster Step, Step-Lock-Step, Rocking Chair

1-2 Walk back R-L
3&4 Step back R, Step L beside R, Step Fwd R
5&6 Step Fwd L, Lock R behind L, Step Fwd L (Restart)
7&8&& Rock Fwd R, Recover weight L, Rock back R, Recover weight L (3:00)

[49-56] Cross, Back, 1/4 Chasse, Cross Rock, Side, Behind Rock, 1/4

1-2 Sweep R from Back to Front Cross R over L, Step back L
3&4 Make 1/4 R stepping R to R Side, Step L beside R, Step R to R Side
5&6 Cross Rock L over R, Recover weight R, Step L to L Side sliding R towards L
7&8 Rock R behind L, Recover weight L, Make 1/4 R stepping Fwd R (9:00)

[57-64] Fwd Mambo, Sailor 3/4 Cross, Rock & Cross, Side-Together-Fwd

1&2 Rock Fwd L, Recover weight R, Step back L sweeping R from Front to Back
3&4 Cross R behind L making 1/2 R, Step L beside R making 1/4 R, Cross R over L

5&6 Rock L to L Side, Recover weight R, Cross L over Right
7&8 Step R to R Side, Step L beside R, Step Fwd R (6:00)

Start Again! :0)

RESTART Wall 1 & 3 (Jazz Box 1/4)

Dance up to and including count 46, add..

1&2 Cross R over L, Make 1/4 R stepping back L, Step R to R Side, Then Restart from beginning!
(6:00)

TAG End Of Wall 5 (Fwd Mambo, Coaster Step)

1&2 Rock Fwd on L, Recover weight R, Step back L
3&4 Step back R, Step L beside R, Step Fwd R (6:00)

Ending- Dances finishes on count 1 facing front wall (Pose!)
