

What's Up Lonely

COPPER KNOB
BY STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gerard Murphy (CAN) - January 2011
音樂: What's Up Lonely - Kelly Clarkson : (CD: Thankful)



PRESS R TO R, SLIDE/TOUCH, SHUFFLE R, ROCK & STEP L, BEHIND, ¼ TURN L, STEP R FORWARD

1-2 Side press R to R, slide & touch R next to L
3&4 Shuffle R: R, L, R
5&6 Step ball of L behind R, recover onto R, step L to L side
7&8 Step R behind L, step L to L making a ¼ turn L, step R forward

STEP FORWARD L, STEP FORWARD R, PIVOT ½ L, SHUFFLE ¾ L, ROCK BACK/RECOVER, STEP L FORWARD

9-11 Step L forward, step R forward, pivot ½ turn L with weight to L
12&13 Shuffle ¾ turn L: R, L, R
14-16 Rock back on L, recover forward onto R, step forward on L

SHUFFLE FORWARD, STEP FORWARD L, POINT R TO R, CROSS ROCK/RECOVER POINT X 2

17&18 Shuffle forward: R, L, R
19-20 Step forward on L, point R to R side
21&22 Cross rock R over L, recover onto L, point R to R side
23&24 Cross rock R over L, recover onto L, point R to R side (moving slightly forward on counts 21 to 24).

CROSS SHUFFLE L, STEP L, SAILOR STEP, BEHIND/SIDE/CROSS, UNWIND ¾ R & POP R KNEE

25&26 Cross shuffle to L: R, L, R
27 Step L to L
28&29 Step R behind L, step L to L side, step R to R side
30&31 Step L behind R, step on ball of R, cross step L over R
32 Unwind ¾ turn R and pop R knee

STEP, KICK/BALL, SHUFFLE FORWARD, ROCK/RECOVER, SHUFFLE ½ L

33,34& Step R forward, low kick L forward, step down on L
35&36 Shuffle forward: R, L, R
37-38 Rock forward on L, recover onto R
39&40 Shuffle 1/2 turn L: L, R, L (OR shuffle 1 ½ turn L...more difficult!)

WALK FORWARD R/L, SWIVEL ½ R/SIT, POINT/LOOK BACK, STEP/BUMP, STEP/BUMP

41-42 Walk forward R, L
43 Swivel ½ turn R on balls of both feet while bending knees into sitting position — weight to L
44 Touch R toes forward while standing up - and look over L shoulder
45-46 Step R forward, touch L slightly forward and bump L hip gently L
47-48 Step L forward, touch R slightly forward and bump R hip gently R

START AGAIN!

Restart:

After 2 rotations (facing the back wall), dance the first 16 counts and then restart from the beginning.

Tag:

After another 2 rotations (facing the front wall), dance this 4 count tag:

1-2 Step R forward, touch L slightly forward and bump L hip gently L
3-4 Step L forward, touch R slightly forward and bump R hip gently R

Contact: murphydance@ns.sympatico.ca
