

Lonely

拍數: 32 牆數: 4 級數: Improver
編舞者: Mercè ORRIOLS (ES) - July 2012
音樂: Only When You're Lonely - Craig Moritz : (CD: Only When You're Lonely)



Intro: 4 counts

Section 1 - ROCK (L) FWD, COASTER CROSS (L), WAVE (R)

1-2 Rock left forward, recover to right
3&4 Step left behind, step right together, cross left over right
5-6 Step right to side, cross left behind
7-8 Step right to side, cross left over right

Section 2 - ROCK (R) SIDE, COASTER STEP ¼ TURN LEFT, STEP, TOUCH, ROCK (R) BACK

1-2 Rock right to side, recover to left
3&4 Step right back, turn ¼ left and step left together, step right slightly forward
5-6 Step left forward, touch right together
7-8 Rock right back, recover to left (raising right)

Section 3 - TOE (R) & HEEL (L) SWITCHES, HEEL SWITCHES,(R&L) TOUCH, ¼ TURN RIGHT & KICK

1&2 Touch right toe behind right, step right together, touch left heel forward
&3&4 Step left, touch right toe behind right, step right together, touch left heel forward
&5&6 Step left together, touch right heel forward, step right together, touch left heel forward
&7-8 Step left together, touch right toe together, turn ¼ right and kick right diagonally right

Section 4 - SAILOR STEP (R), BEHIND, ¼ TURN RIGHT & STEP (R), STEP ½ TURN RIGHT, STEP FWD L & R (OR FULL TURN R)

1&2 Cross right behind left, step left to side, step right to side
3-4 Cross left behind right, turn ¼ right and step right forward
5-6 Step left forward, turn ½ right (weight on right)
7-8 Step left forward, step right forward (easier option)
Or: turn ½ right and step left back, turn ½ right and step right forward (travelling forward)

REPEAT
