

# Perfectly Lonely

**COPPER** **KNOB**  
BY STEPHENETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Ivonne Verhagen (NL) - October 2012  
音樂: Perfectly Lonely - John Mayer : (iTunes)



Dance starts after 32 counts (on vocals)

**WALK, WALK SAILOR STEP ½ TURN RIGHT, STEP, ½ TURN LEFT, ¼ TURN LEFT, FULL TURN LEFT**  
(Or triple in place)

1-2            RF walk forward, LF walk forward,  
3&4           ½ turn right & RF cross behind LF, LF little step to the side, RF little step to the side  
5-6           LF step forward, ½ turn left + RF step back  
7&8           ¼ turn left + LF step side, ½ turn left & RF step back, ½ turn left & RF step forward

(Optional: End count 8 with a sweep RF from back to the front)  
(Easy option: 7&8 ¼ turn left & triple in place)

**CROSS OVER, STEP BACK, STEP BACK, CROSS OVER, ¼ TURN LEFT, ¼ TURN LEFT, CROSS OVER, ¼ TURN RIGHT, STEP BACK, WALK, WALK, WALK (LIFT KNEE)**

1&2           RF cross over LF, LF step back, RF step diagonal back,  
3&4           LF cross over RF, ¼ turn left + RF step back, ¼ turn left + LF step side  
5&6           RF cross over LF, ¼ turn right + LF step back, RF step back  
7&8           LF step forward, RF step forward, LF step forward & lift Right Knee

\*Restart in wall 4

**CROSS OVER, STEP BACK, STEP BACK, FULLTURN LEFT, WALK WALK, KICK BALL TOUCH SIDE**

1&2           RF cross over LF, LF step back, Rf step back  
3&4           LF step forward, ½ turn left + RF step back, ½ turn left + LF step forward

**OPTION 3&4 change count 3&4 in walk walk walk**

5-6           Walk RF forward, walk LF forward  
7&8           RF kick forward, step on RF, LF touch to the left side

**& TOUCH HEEL FORWARD, ¼ TURN LEFT & TOUCH, & STEP, ¼ TURN LEFT, WALK, WALK, STEP, ½ TURN LEFT WITH RONDE**

&1&2          Weight on LF, RF touch heel forward, Step on RF, ¼ turn left & touch LF close to RF  
&3-4          weight on LF, RF step forward, ¼ turn left and use hips (Option bodyroll) end weight on LF  
5-6           Rf step forward, LF step forward  
7-8           RF step forward, LF step forward, ½ turn left on LF & sweep right foot to the front

\*Restart in wall 4

Have fun!

Contact:-

www.ivonneenco.eu - <http://www.youtube.com/user/ivonneverhagen>  
Ivonne.verhagen@planet.nl - Phone 0031 (0) 61514 3696