

No More Lonely

拍數: 64 牆數: 4 級數: Improver / Intermediate
編舞者: Celia Stevens (NZ) - November 2008
音樂: No More Lonely - David Ball



Start on the word 'lonely'

This Dance Is Done In All Four Directions Turning Clockwise.

[1 – 8] R TOUCH FWD, SIDE, TOG, HEEL FAN, L TOUCH SIDE, FWD, TOG.

1, 2, 3, Touch R toe forward, Touch R toe to right side, Step R beside left,
4, 5 Fan R heel to right, Return back to centre (weight on right),
6, 7, 8 Touch L toe to left side, Touch L toe forward, Step L beside right,

[9 – 16] HEEL-TOE-TOE-HEEL, STEP SIDE, BEHIND, SIDE, HEEL DIG.

1, 2, 3, 4 Fan both heels out, Fan both toes out, Fan both toes in, Fan both heels in (weight on left),
5, 6, 7, 8 Step R foot to right, Step L foot behind right, Step R foot to right, Touch L heel forward at 45 degrees,

[17 – 24] STEP SIDE, CROSS, SIDE, HEEL DIG, ROCKING CHAIR.

1, 2, 3, 4 Step L foot to left, Step R foot across in front of left, Step L foot to left, Touch R heel forward at 45 degrees,
5, 6, 7, 8 Rock/step R foot back, Recover forward on L, Rock/step forward on R, Recover back on L,

[25 – 32] BACK, LOCK, BACK, KICK, BEHIND, SIDE, FWD, HOLD.

1, 2, 3, 4 Step R foot back, Step L foot across in front of right, Step R foot back, Kick L foot forward,
5, 6, 7, 8 Step L foot behind right, Step R foot to right, Step L foot forward, Hold,

[33 – 40] STEP, ¼ TURN, STEP, HOLD, WEAVE.

1, 2, 3, 4 Step R foot forward, Turn ¼ turn left transfer weight to L, Step R foot forward, Hold,(facing 9:00)
5, 6, 7, 8 Step L foot to left, Step R foot behind left, Step L foot to left, Step R foot across in front of left,

[41 – 48] SIDE ROCK CROSS HOLD, SIDE ROCK CROSS HOLD.

1, 2, 3, 4 Step L foot to left, Recover on R, Step L forward across in front of right, Hold,
5, 6, 7, 8 Step R foot to right, Rock back onto L, Step R forward across in front left, Hold,

[49 – 56] SIDE-TOG-FWD-HOLD, SIDE-TOG-¼ BACK-HOLD.

1, 2, 3, 4 Step L foot to left, Step R together, Step L foot forward, Hold,
5, 6, 7, 8 Step R foot to right, Step L together, Turn ¼ turn left stepping back R, Hold (facing 6:00)

[57 – 64] SIDE-TOG-¼ FWD-HOLD, ROCK FWD, BACK, TOG, HOLD.

1, 2, 3, 4 Step L Foot To Left, Step R Foot Together, Turn ¼ Turn Left Step L Foot Forward, Hold,
(Facing 3:00)
5, 6, 7, 8 # Step R Foot Forward, Rock Back Onto L, Step R Together, Hold.

[64] REPEAT, AND ENJOY!

TAG: At the end of WALL's 2 & 5 (facing 6:00 & 3:00) Add the following

1, 2, 3, 4 Rock step L forward, Rock step back on R, Step L together, Hold.

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