

Lonely Roads

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Francien Sittrop (NL) - June 2013
音樂: Lonely - Craig Moritz : (Album: The Way I Feel)



Intro: After 16 Counts on Vocals

[1 – 8] Rolling Vine R , Touch, 2x ¼ Turn L , Rock , Recover

1 – 4 ¼ Turn R step R fwd, ½ Turn R step L back, ¼ Turn R step R to R side , Point L to L side
5 – 6 ¼ Turn L step L fwd, ¼ Turn L step R to R side (06.00)
7 – 8 Rock L back, Recover on R

[9-16] Step fwd , ¼ Turn R x2, Jazz Box

1 – 2 Step L fwd, ¼ Turn R recover on R
3 – 4 Step L fwd, ¼ Turn R recover on R (12.00)
5 – 8 Step L across R, Step R back, Step L to L side, Step R fwd

[17-24] Step fwd , Scuff x2. Step fwd , Step fwd, Pivot ½ R, Full Turn R

1 – 2 Step L fwd, Scuff R fwd
3 – 4 Step R fwd, Scuff L fwd
5 – 6 Step L fwd, Pivot ½ Turn R (06.00)
7 – 8 ½ Turn R step L Back, ½ Turn R step R fwd

[25-32] Rocking Chair, Step fwd, Scuff, Touch Ball Step

1 – 2 Rock L fwd, Recover on R
3 – 4 Rock L fwd, Recover on R
5 – 6 Step L fwd, Scuff R fwd
7 & 8 Touch R next to L, Step R down, Step L fwd

[33-40] Step fwd, ¼ Turn L, Crossing Shuffle, Side Drag & Cross Side

1 – 2 Step R fwd, ¼ Turn L (03.00)
3 & 4 Step R across L, Step L to L side, Step R across L
5 – 6 Step L big step to L, Drag R to L
&7-8 Step R next to L , Step L across R, Step R to R side

[41-48] Behind, Side, Crossing Shuffle, Heel Grind ¼ R, Recover, Coasterstep

1 – 2 Step L behind R, Step R to R side
3 & 4 Step L across R, Step R to R side, Step L across R
5 – 6 Make a ¼ Turn R on R Heel, Recover on L (06.00)
7 & 8 Step R back, Step L next to R, Step R fwd

[49-56] Rock Recover, Shuffle ½ L, Step fwd, ¼ Turn L, Shuffle fwd

1 – 2 Rock L fwd, Recover on R
3 & 4 ¼ Turn L step L to L side, Step R next to L, ¼ Turn L step L fwd (12.00)
5 – 6 Step R fwd, ¼ Turn L (09.00)
7 & 8 Step R fwd, Step L next to R, Step R fwd

[57-64] Rock fwd Recover, Full Turn L, Coaster step, Hipsways R,L

1 – 2 Rock L fwd, Recover on R
3 – 4 ½ Turn L step L fwd, ½ Turn L step R Back (option: 2 walks back L,R)
5 & 6 Step L back, Step R next to L, Step L fwd
7 – 8 Step R to R side and sway hips R, Sway Hips L (09.00)

Start Again

Contact - Website: www.franciensittrop.nl
